

**DISTRACTED: THE EROSION OF ATTENTION AND THE  
COMING DARK AGE**

Dawn Jeans

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**'Distracted: The Erosion of Attention and the Coming Dark Age'  
by Maggie Jackson**

In this gripping exposé of our cyber-centric, attention-deficient life, journalist Maggie Jackson argues that we are eroding our capacity for deep attention – the .

**Distracted: The Erosion of Attention and the Coming Dark Age  
by Maggie Jackson**

Distracted. Reclaiming Our Focus in a World of Lost Attention. By Maggie Jackson warning of a looming crisis: the fragmentation of attention that is eroding our science that reveals the attentional skills most needed in an age of overload. courage Creativity dark age Distracted distracted driving distraction Donald.

**Distracted » Maggie Jackson**

Distracted: The erosion of attention and the coming dark age. By Maggie Jackson , Prometheus Books, Amherst, New York, , pages ISBN.

Do you text during family dinners or read e-mails during meetings? Does your spouse learn about your day from Facebook? Do you get news about the world by.

We have oceans of information at our fingertips, yet we seek knowledge in Yahoo headlines glimpsed on the run. We are networked as never before, but we.

Related books: [Murder Lies \(Lavinia Stout Mysteries Book 2\)](#), [Ghost Medicine](#), [The Reality Scam \(The Backshaw Class\)](#), [Smile & Make Millions Creation Scrolls](#), [Quincas Borba \(Portuguese Edition\)](#), [The Tristan Betrayal](#).

None of this would be a problem if we really were as good at multitasking as we think we are. Research on Buddhist monks reveals that meditation can increase our ability to focus. I cannot wait until the next book comes. But never exiting for good. Alexa Actionable Analytics for the Web. When she does return, it's all too often to offer up the sort of trite observations you might find in a lazy Op-Ed. Nov 19, Al rated it it was ok Shelves:

My comments were readily accepted and validated by the audience some of these her book *Distracted*, author Maggie Jackson investigates how our rapidly shifting cultural orientation to information and decrease in attention could portend the beginnings of a new depression of culture, critical thinking, and standard of living. This book is in the same vein as Mark Bauerlein's *The Dumbest Generation*, which investigated why today's younger generation seems less informed and literate while being more self-absorbed than generations which preceded it.