



The Distraction Trap: How to Focus in a Digital World

Frances Booth

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When was the last time you worked on something properly, giving it your all, without being distracted by your smartphone, email or social media?

Our ability to focus is fading fast in the digital world. It's become normal for us to be constantly wired, half in and half out of virtual conversations. We're not only diluting our brain power, we're increasing our stress levels, damaging our relationships and getting much less done.

The Distraction Trap is your wake-up call. It will show you how to break your addiction to digital devices, finish tasks properly and remain calmly in control of your day. It will help you increase the quality of your work, improve relationships and achieve the goals you set. Most of all, it will help you to feel human again.

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