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Attention? 'The Distracted Mind' - PopMattersIn today's high-tech world this tendency can draw us to distraction and keep us from accomplishing our goals. Adam Gazzaley, a neuroscientist at the University of California, San Francisco, and Larry Rosen, a psychologist at California State University, Dominguez Hills put forward these ideas in their 2016 book entitled The Distracted Mind: Ancient Brains in a High-Tech World.The Distracted Mind: Ancient Brains in a High-Tech World ...The Distracted Mind: Ancient Brains in a High-Tech World Most of us will freely admit that we are obsessed with our devices. We pride ourselves on our ability to multitask.The Distracted Mind: Ancient Brains in a High-Tech World ...The Distracted Mind: Ancient Brains in a High-Tech World. But we are now aware that our increasingly information-saturated world, coupled with growing expectations of constant availability and immediate responsiveness, can place excessive demands on our brains. The consequences can include detrimental effects on our safety, education,...The Distracted Mind: Ancient Brains in a High-Tech World ...The Distracted Mind: Ancient Brains in a High-Tech World, by Adam Gazzaley and Larry D. Rosen. Contemporary models of brain functioning assume that the brain processes information, so this claim is a banality, a tautology or an attempt at profundity. It is not clear which, so perhaps it is all three.The Distracted Mind: Ancient Brains in a High-Tech World ...In The Distracted Mind, Adam Gazzaley and Larry Rosen—a neuroscientist and a psychologist—explain why our brains aren't built for multitasking, and suggest better ways to live in a high-tech world

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