



Distraction (The Art of Living)

Damon Young

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Distraction (The Art of Living) Damon Young

Most of us struggle with distraction every day: the familiar feeling that our attention is not quite where it should be. We feel it at work and at home and it can be frustrating and uncomfortable. But what is distraction? In his lucid, timely book, Damon Young shows that distraction is more than too many stimuli, or too little attention. It is actually a matter of value - to be distracted is to be torn away from what is worthwhile in life. And for Young, what is most worthwhile is freedom: not simply rights or legal liberties, but the capacity to patiently, creatively craft one's own life. Exploring the lives of such luminaries as Henri Matisse, Karl Marx, Seneca and Henry James, Young exposes distraction in work, technology, art, politics and intimacy. With warmth and wit, he reveals what is most valuable, and what is best avoided, in the pursuit of a life of one's own.

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Ciara Wolfe:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you wish to try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book that you simply read you can spent the whole day to reading a book. The book Distraction (The Art of Living) it doesn't matter what good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. In case you did not have enough space bringing this book you can buy the actual e-book. You can m0ore very easily to read this book from a smart phone. The price is not very costly but this book provides high quality.

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