

Internet **BLOCKERS**

Get work done with fewer distractions!

The internet can be a useful tool, but we can sometimes allow it to distract us and take us away from our work. It has been shown that when we divide our attention among multiple things, we become less productive. This list of programs and applications can help you overcome divided attention and keep focus on what needs to be done!



Self-Control (Mac)

SelfControl is a free and open-source application for Mac OS X (10.5 or above) that lets you block **your own** access to distracting websites, your mail servers, or anything else on the Internet. Just set a period of time to block, add sites to your blacklist, and click "Start." Until that timer expires, you will be unable to access those sites—even if you restart your computer or delete the application.

Download: SelfControlApp.com



Cold Turkey (PC)

Hate distractions? Cold Turkey will temporarily block you from social media sites, games, programs and any other addicting websites. Imagine how fast you could do your work without all those distractions!

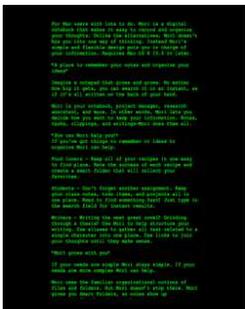
Download: GetColdTurkey.com



LeechBlock (PC [Firefox Add-On])

LeechBlock is a simple productivity tool designed to block those time-wasting sites that can suck the life out of your working day. All you need to do is specify which sites to block and when to block them.

Download: <https://addons.mozilla.org/En-us/firefox/addon/leechblock/>



Dark Room (PC)

Dark Room is a full screen, distraction free, writing environment. Unlike standard word processors that focus on features, Dark Room is just about you and your text.

Download: <http://jjafuller.com/dark-room/>

WriteRoom (Mac)

For Mac, iPad & iPhone users to write without distractions. WriteRoom is a full screen writing environment. Unlike the cluttered word processors you're used to, WriteRoom lets you focus on writing. Requires Mac OS X 10.7+ or iOS 4.3+

Download: [Apple Store](#)



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