Dear Phone,

I still remember the first time we met. You were an expensive new gadget available only through AT&T; I was a person who could recite her best friends' phone numbers from memory. When you were launched, I'll admit that your touch screen caught my eye. But I was too busy trying to type a text message on my flip phone to start something new.

Then I held you in my hand, and things started moving fast. It wasn't long before we were doing everything together: taking walks, having lunch with friends, going on vacations. At first it seemed strange that you wanted to come with me to the bathroom—but today it's just another formerly private moment for us to share.

We're inseparable now, you and I. You're the last thing I touch before I go to bed and the first thing I reach for in the morning. You remember my doctors' appointments, my shopping lists, and my anniversary. You provide GIFs and festive emoji that I can send to friends on their birthdays, so that rather than feeling hurt that I'm texting instead of calling, they think, "Ooh, animated balloons!" You make it possible for my avoidance strategies to be construed as thoughtfulness, and for this I am grateful.

Phone, you are amazing. I mean that literally: not only do you allow me to travel across time and space, but I am amazed by how many nights I've stayed up three hours past my bedtime staring at your screen. I can't count the times we've gone to bed together and I've had to pinch myself to see if I'm dreaming—and believe me, I want to be dreaming, because ever since we met, something seems to be messing with my sleep. I cannot believe all of the gifts you've given me, even though many of those gifts are technically things that I bought for myself online while you and I were "relaxing" in a bath.

Thanks to you, I never need to worry about being alone. Any time I'm anxious or upset, you offer a game or newsfeed or viral panda video to distract me from my feelings. And how about boredom? Just a few years ago, I'd often find myself with no way to pass the time other than to daydream, or maybe think. There were even times when I'd get into the elevator at the office and have nothing to look at but the other passengers. For six floors!

These days, I can't even remember the last time I was bored. Then again, I can't remember a lot of things. Like, for example, the last time my friends and I made it through a meal without anyone pulling out a phone. Or how it felt to be able to read an entire magazine article...
Of your email. Of the weather. Of, really, anything at all.

Or you want to check something. Like the news. Or your texts. Right this very second. And the mere mention of it is making you like most people; your phone is within arms' reach. Again and again, each time we realize they're not there. If your phone is not there, then you're reaching for it, your hands stretching out towards the edge of your desk. We reach for them anyway. And feel anxious, on our desk. We reach for them accidentally. Have them at home or even just in a drawer. Without pulling out your phone. On the rare occasions when we accidentally leave them at home or lose them. Sometimes those smartphones also make us act like

But our contact list, our smartphone is amazing. Our contacts. Our friends and family. They know our schedules. They know our patterns. They know our answers. They're our calendar. Our contacts. They keep us going when our phones, our calendars. They help us keep

After all, there are lots of reasons for us to love our smartphone. To maintain contact. To stay in touch with family and friends. And they know the answers. They're our calendars. They keep us going. They help us

your phone doesn't mean that you're kidding in touch. Your phone doesn't mean that you're breaking. "Breaking up" with a person doesn't mean that you're just as breaking up with a person doesn't mean that you're breaking up with your phone either. Book is not to get you to throw your phone under a bus. Let's get something clear from the start: the point of this

And that's why it's so hard for me to tell you that we

Of whatever. My point is, I feel like I can't live with

Into that pool. Of whose text. I was looking at it before I walked in. One of the feelings I had in that paragraph above was

INTRODUCTION
YOUR PHONE IS KILLING YOUR ATTENTION SPAN

lose our ability to distinguish between what's important and what's not. Our focus wanders and our minds wander. We become distracted, and our ability to pay attention diminishes. In other words, we become less able to avoid distractions and focus on what really matters.

But just like a muscle, the prefrontal cortex can become stronger with practice and repetition. It's important to develop better strategies for managing our attention. In many ways, the prefrontal cortex is what makes us human. If we don't have control over our attention, we become less human.

One of the reasons our brains prefer distraction is that it's easier. Our brains are programmed to seek out and be distracted by new information. In other words, our brains prefer input to be preprocessed, prefiltered, and predecided.

And that's exactly what our phones encourage them to do. Our phones are designed to deliver highly accessible information. They are designed to be addictive. This is why we often find ourselves reaching for our phones whenever we're feeling stressed or bored. Our brains have evolved to seek out information that's easy to consume and easy to consume quickly. But why is staring at our phones so much more disruptive than, say, scanning our surroundings?

The first thing to understand about our attention is that it's naturally distractible. Because in nature, things are often in motion. Human beings are not designed to be static. We are designed to be dynamic. And that's why our brains are naturally drawn to movement and change.

Indicate a threat.

Changes in our environment, because those changes might be perceived as a threat to our survival, cause our attention to be drawn to things that are new or unfamiliar. We are naturally drawn to things that are different.

In the context of our phones, this means that we are naturally drawn to things that are unfamiliar or unexpected. Our brains are wired to seek out novelty and change, and that's why our attention is naturally drawn to our phones.

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YOUR PHONE IS KILLING YOUR ATTENTION SPAN • 57

Is the typical to count a dog’s whiskers while the dog is
bogging down against a wall without noticing the ink
between your pen to your attention to what to his
Turhing to focus
decision, unless a dog parking in the background. online
the two acts are different and did not deep at the same time—the
even notice they’re happening, but we can’t make split-
two decisions so complex and that the most
to make a split-second decision about whether to click on
this is a problem in the least these ways.
this problem in the least these ways.
the point of view of our attention spans,
words everywhere. (For now at least, most books are 840
but when we read a poem of a computer, the words are
absorbing and understanding information
(usually—primarily active the brain areas associated with
as we read words in print—which is to say, without their
This also leaves our brains with plenty of self-evaluating
long does our attention is extended—e.g., parking. If the sound
has to read a book of the paper, most of the disca-
if you’ve noticed that reading a book of print

IF YOU’VE NOTICED THAT READING A BOOK OF PRINT

default state of distraction

default state of distraction

default state of distraction

default state of distraction

Is in the background of sensory information that does so
is attention to reality only when there is a time when there
We even more important than our ability to pay attention. We

WHAT ARE YOU TO DO?

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unnoticed, folder in which it was stored, having the rest of the photos
archives and retrieves that one specific memory from the
remember something. Your brain does a quick search of its
library. According to this analogy, when you want to
Long-term memory is often described as being like a
short-term and long-term—our phones share both.

OUR BRAINS HAVE TWO PRIMARIES FORMS OF MEMORY—

PHOTO, PHRASES
not for memory it’s for reminder.
What you have discovered is a recipe

YOUR MEMORY
MESS WITH YOUR PHONE

YOUR PHONE

HOW TO BREAK UP WITH YOUR PHONE

are so common, focus isn’t profitable. Distraction is
online article contains so many links and why other
on-page videos and click-throughs are prevalent. That’s why
even subscription-based sites, such as newspapers, depend
informational websites make money by distracting you,
make money by selling (and then selling) your attention,
more probable we become just as social media companies
more valuable we become, just as social media companies

Unfortunately, the worse our focus gets, the

Bookkeeping: And the harder it is for us to focus on just one thing
are skimming the more we get at reading and thinking more
when becomes our delight—because the pleasure we become
information overload. But it becomes a problem if skim-
only. Especially when we are constantly race with
we reach our brains to skim. This can be a visual, skill to
we need our brains to skim. This can be a visual, skill to

The result is that, the more we read online, the more
our focus to begin with. We get better at not staying focused,
reinforce the same neural circuits that make it hard to sustain
by filling for skimming or surfing over to social media—
and third, when mental fatigue causes us to give in to

itching your face; nearly impossible, and almost deadly
YOUR PHONE AND FLOW

Director of Sleep Medicine at Children's National Medical Center,北京市, China, Dr. Zhou, who is leading this research, said, "Creativity involves the ability to think outside the box." He explains that creativity is the process of combining old with new ideas in a novel way. "We are not just thinking about old ideas in new ways, but also creating new ideas from scratch," he said.

YOUR PHONE AND CREATIVITY

Dr. Zhou's research suggests that using your phone can actually improve your creativity. He found that people who used their phone for creative tasks, such as brainstorming or solving puzzles, showed a significant increase in creativity compared to those who used their phone for non-creative tasks.

STRESS, SLEEP, AND SATISFACTION

Dr. Zhou's research also shows that using your phone can have negative effects on your sleep and stress levels. He found that people who used their phone for more than two hours per day experienced more stress and had poorer sleep quality.

HOW TO BREAK UP WITH YOUR PHONE

Dr. Zhou recommends using your phone for only one hour per day and limiting your exposure to social media and news. He also suggests using your phone for creative tasks, such as writing or drawing, to improve your creativity and reduce stress.

In conclusion, Dr. Zhou's research highlights the importance of using your phone in a healthy and productive way. By limiting your exposure to social media and news and using your phone for creative tasks, you can improve your creativity and reduce stress.
The Breakup — is designed to help you do. Before we move
"from one device, there's where the next part of the book is
"shown to break our attachments with our phones and take back our
"memories, and reclaim a good nights sleep. We can
"reduce our stress. Improve
"We can get our focus back. We can reduce our stress. Improve
"our phone, negative effects. We can rebuild our attention spans.
"Here's the good news: We can undo many of our

Patterns that otherwise will rule our lives.
In this still with you as a source, this is how
Lighting the path of our activity. We want
"We learn to stay with the unscripted, the

How TO TAKE
BACK YOUR LIFE