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Driven To

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Driven To

Distraction At Work

Are you driven to

distraction at work?

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Bestselling author Edward M. Hallowell, MD, the world's leading expert on ADD and ADHD, has set his sights on a new goal: helping people feel more in control and productive at work.

Driven to
Distraction at Work:

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How to Focus and
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“Driven to
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is an essential
survival guide to
life in the modern
world.” Larry

Weber, Chairman
and CEO, Racepoint
Global; founder,
Weber Shandwick;
and bestselling
author, Marketing

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to the Social Web—
“ Dr. Hallowell ’ s
stunning new book
takes the maze of
distraction at work
away forever! ”

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Hallowell ...
I include Shine in
this brief
commentary

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because much of its material correlates very nicely with material in his latest book, *Driven to Distraction at Work*. In it, he focuses on a major problem: attention deficit trait. He devised the term -- ADT -- in 1994 to describe an increasingly more

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common problem in
the workplace then,
twenty years ago.

Driven to
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How to Focus and
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Buy Driven to
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Unabridged by
Edward M., M.D.

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and bestselling
author, Marketing
to the Social Web—
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stunning new book
takes the maze of
distraction at work
away forever! ”

Focus And Be

Driven to
Distraction at Work:
How to Focus and
Be More ...

It's time to reclaim
control. In Driven to
Distraction at Work,
Dr. Hallowell
identified the

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underlying reasons why people lose their ability to focus at work, explains ADT (Attention Deficit Trait), its traits, how it affects your focus and productivity, and what are the six most common distractions at work and how to overcome them. Dr.

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Driven to
Distraction At
Work How To
by Edward M.
Hallowell M.D.

In Part 1 of the
book, he identifies
the six most
common ways
people lose the
ability to focus at
work--what he calls
"screen sucking"
(internet/social

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(media addiction),
multitasking, idea
hopping...

Driven to Distraction at Work: How to Focus and Be More ...

In Driven to
Distraction at Work,
Ned Hallowell says
that many feel “ the
overload of mental
circuits, and

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frequent feelings of frustration ”. We are losing our inability to focus, which may affect our performance and our sense of well-being. The cost of distraction is not only an issue for individuals, but also for organizations.

Driven to

Page 23/40

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— Actionable Books
7 Common
Distractions At
Work (And How to
Tackle Them) A
2016 survey of
2,000 US hiring and
HR managers by
CareerBuilder
showed that the top
distraction culprits
included
smartphones

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(55%), the internet (41%), gossip (37%), social media (37%), co-workers dropping by (27%), smoking or snack breaks (27%), email (26%), meetings, (24%), and noisy co-workers (20%).

7 Most Common Distractions at

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Driven (And How to
Tackle Them)
Driven to
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MP3 CD – MP3
Audio, April 19,
2016 by MD
Edward M.

Hallowell (Author),
Chris Kipiniak
(Reader) 3.5 out of
5 stars 2 ratings

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With an ever-
changing landscape
both at home and
abroad, post-
election politics are
the modern
workplace
distraction. Mike
Davis, Head of SME
at AXA PPP

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healthcare; “ Giving people ownership and autonomy to work to their own drum beat, as much as is feasible for the business, can help boost motivation as well as productivity. ”

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Five reasons why

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we get ...

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DiIuclude Shine in
this brief
commentary
because much of its
material correlates
very nicely with
material in his
latest book, Driven
to Distraction at
Work. In it, he
focuses on a major
problem: attention
deficit trait. He
devised the term --

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ADT -- in 1994 to describe an increasingly more common problem in the workplace then, twenty years ago.

Amazon.co.uk:Customer reviews:

Driven to
Distraction at Work
The Queen of
Distraction presents
practical skills to

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help women with
ADHD achieve
focus and balance in
all areas of life,
whether it's at
home, at work, or in
relationships.

Psychotherapist
Terry Matlen
delves into the
feminine side of
ADHD, discussing
the elements of this
condition that are

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particular to women, such as relationships, skin sensitivities, meal planning, parenting, and dealing with out-of-control hormones.

Driven to
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Hallowell ...

In 1994, Driven to

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Distraction To
Distraction At
Work How To
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Hyperactivity Be
Disorder (ADHD.)
More
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Widely recognized as the classic in the field, this national bestseller (over a million copies sold) has long been a lifeline to the approximately

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eighteen million
Americans who are
thought to have
ADHD.

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is an essential
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& #151; & #147; Dr.
Hallowell's stunning
new book takes the
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at work away
forever!"

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