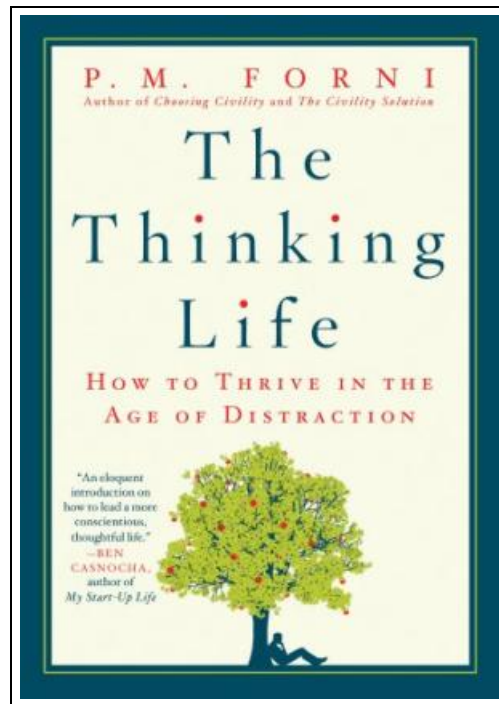


The Thinking Life: How to Thrive in the Age of Distraction



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Reviews

This published publication is wonderful. Of course, it is actually engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Vickie Wolff)

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Griffin Publishing. Paperback. Book Condition: new. BRAND NEW, The Thinking Life: How to Thrive in the Age of Distraction, P. M. Forni, How do we turn off the noise of daily life, turn on our brains, and begin to engage in that fundamental human activity known as thinking again? P.M. Forni, America's civility expert has given some thought to how we can successfully think our way through a greatly distracting world and live a better life. In "The Thinking Life", he looks at the importance of thinking: how we do it, why we don't do it enough and why we need to do more of it. In twelve short chapters, he gives readers a remedy for the Age of Distraction, an age fuelled by social networking overload, compulsive texting and an omnipresent stream of mobile calls. He shows how to put aside time each day to improve: Attention; Introspection; Self-control; Positive thinking; Proactive thinking; Decision making; Creative thinking; and Problem solving.

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