INDISTRACTABLE
How to Control Your Attention and Choose Life

What could you accomplish if you knew how to improve concentration and overcome distractions? What if you had the power to stay focused and become “indistractable”? Nir Eyal reveals the hidden psychology driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices. In this session, based on his book, Indistractable, he reveals the key to getting the best out of technology, without letting it get the best of us. Inside, Eyal overturns conventional wisdom and describes: Why distraction at work is a symptom of a dysfunctional company culture – and how to fix it. What really drives human behavior, and why “time management is pain management”. Empowering and optimistic, Indistractable provides practical, novel techniques to control your time and attention - helping you live the life you really want.

About Nir Eyal, MBA


This webcast will be recorded and available on CSU Learn