

Title:

Ready To Snap: Crazy, Busy And The Lure Of Modern Life

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Summary:

Are you too busy? Are you always in a hurry, juggling work and family tasks like balls in the air? You're not alone. Millions of successful adults are being swept up by today's frenetic, globalized world. We expect our brains to...

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Article Body:

Are you too busy? Are you always in a hurry, juggling work and family tasks like balls in the air? You're not alone. Millions of successful adults are being swept up by today's frenetic, globalized world. We expect our brains to keep track of more than they can handle and then find ourselves losing track. The speed of our lives threatens to destroy our most important connections. Unless you deliberately slow down, you're part of the ADD Nation?

Since the mid-1990s, people have increasingly complained of being chronically inattentive, distracted. People have developed environmentally induced attention deficits, he asserts—a phenomenon he calls "Human Deficit Disorder." For many people, the F-state is fun. They use email, BlackBerries and other devices to remain constantly connected.

Too much electronic time, coupled with a dearth of human moments, will lead to an as-yet-unnamed condition. Email communication is a poor substitute for authentic human interaction. Electronic messages are often read and sent without being truly processed. At the end of the day, the amount of time spent interacting with others is greatly reduced. What are the solutions?

No one would suggest giving up labor-saving devices and the conveniences of email and the Internet. Here are 10 principles to help you stay on track, adapted from CrazyBusy:

1. Do what matters most to you.
2. Create a positive emotional environment—wherever you are—by developing meaningful connections.
3. Find your rhythm through astute time management and careful planning of your day.
4. Invest your time wisely by paying attention to how you use it.
5. Don't get caught up in screen-sucking.
6. Identify and control sources of distraction.
7. Delegate what you don't like or aren't good at, and become interdependent with others.
8. Slow down. Stop and think.
9. Don't multitask ineffectively.
10. Play.

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