

**The Distraction Addiction: Getting The Information
You Need And The Communication You Want, Without
Enraging Your Family, Annoying Your Colleagues, And
Destroying Your Soul By Alex Soojung-Kim Pang**



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Contemplative computing

I'm the author of The Distraction Addiction, My book on contemplative computing, The Distraction Addiction, was published by Little, Brown and Company in 2013.

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