



# **Staying Focused in the Age of Distraction: How Mindfulness, Prayer, and Meditation Can Help You Pay Attention to What Really Matters**

*Christopher Hoffman MSW LCSW, Elizabeth Hoffman PhD*

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Whether you realize it or not, there's a battle going on all around you every day — for your attention. Advertising jingles, persuasive images, text messaging, the Internet, and television are the weapons of choice, and your mind is the battlefield. And the stakes are high. These modern distractions can devour your time yet leave you hungry for greater meaning in your life. Who will win?

Even though you live in this often-unsettling age of distraction, you can dramatically improve the quality of your life by learning to pay attention to those things that matter to you the most. This book offers step-by-step techniques you can use to focus on your values, practice meaningful activity, and develop a deeper sense of your own spirituality. A variety of methods, including mindfulness practice and prayer, can help you tune out the hum of distraction and concentrate on leading the rich and meaningful life that you crave.

Learn insightful and engaging ways to:

- Pay attention to what really matters to you
- Learn how to avoid "empty" activities
- Develop a deep and meaningful sense of spirituality
- Enrich your life and the lives of the people you love
- Create and carry out your own personal plan for focused awareness

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**Mary Gonzalez:**

A lot of people said that they feel uninterested when they reading a guide. They are directly felt the item when they get a half portions of the book. You can choose typically the book Staying Focused in the Age of Distraction: How Mindfulness, Prayer, and Meditation Can Help You Pay Attention to What Really Matters to make your current reading is interesting. Your own skill of reading proficiency is developing when you like reading. Try to choose simple book to make you enjoy to study it and mingle the feeling about book and

studying especially. It is to be initial opinion for you to like to available a book and examine it. Beside that the book *Staying Focused in the Age of Distraction: How Mindfulness, Prayer, and Meditation Can Help You Pay Attention to What Really Matters* can to be your brand-new friend when you're truly feel alone and confuse using what must you're doing of their time.

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