



The World Beyond Your Head: How to Flourish in an Age of Distraction

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From 'one of the most influential thinkers of our time' (Sunday Times): how to respond to today's demands on our attention. In this brilliant follow-up to *The Case for Working with Your Hands*, Matthew Crawford investigates the challenge of mastering one's own mind. With ever-increasing demands on our attention, and with capitalism increasingly invading every space, how do we focus on what's really important in our lives? Exploring the intense focus of ice-hockey players, the flow of a cook in their element, and the inherited craft of building pipe organs, Crawford argues that in order to flourish, we need to return to lives where we establish meaningful connections with objects and the people around us.

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Connie Griffin:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them family members or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun for you personally. If you enjoy the book that you just read you can spent 24 hours a day to reading a guide. The book *The World Beyond Your Head: How to Flourish in an Age of Distraction* it is very good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. Should you did not have enough space bringing this book you can buy the actual e-book. You can m0ore easily to read this book from a smart phone. The price is not to fund but this book offers high quality.

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Carlo Young:

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Andrew Meadows:

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