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Delivered From Distraction: Getting The Most Out Of Life ...

Distraction is a frequent reminder of our frailty and limits, that we indeed are not God. And since we are given to such unjustifiable, and frankly ridiculous, levels of pride, this is very good for us. Distraction humbles us and forces us to ask God for the help we so desperately need. And it can build our faith.

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Lord, Deliver Me from Distraction | Desiring God

Cell phones are another top distraction when you work from home. You may innocently pick up your cell phone to check on a message you received and get sucked into looking at social media posts. Or, you may be making the mistake of simply checking your phone too often. Losing productivity due to overuse of cell phones is a common problem. 4. Noise

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7 Proven Strategies for Overcoming Distractions

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Knowing what the distraction is and how it is happening can help you make a plan to squash these interruptions. ... Get heaping discounts to books you love delivered straight to your inbox.

12 Common Workplace Distractions and How You Can Stay ...

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Edward Hallowell (psychiatrist) - Wikipedia

Be aware of when you're getting distracted. The second you notice yourself reaching for your phone to check a text message or opening a webpage unrelated to work, stop and cut the distraction off at the pass. In order to combat the most common distractions, you must be able to recognize when they're stealing your attention away.

3 Ways to Avoid Distractions - wikiHow

The election has had a major effect on work productivity this year, with more people voting and paying attention to the results.

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