

We all know what it is to be distracted—a feeling that our attention is not quite where it should be. Though it is not a new complaint, at work and at home, in our social lives and in the bedroom, our attention is often torn between one thing and another. What does it mean to be distracted, and why? In this insightful journey through the lives of philosophers, artists and great political thinkers, Damon Young shows how rewarding patient, sensitive and thoughtful attention to the world can be. He suggests that the opposite of a life of distraction is one of genuine freedom.

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We all know what it is to be distracted - but what does it mean and why? In this playful romp through the history of philosophy, Young shows how rewarding.

We all know what it is to be distracted--a feeling that our attention is not quite where it should be. Though it is not a new complaint, modern life is plagued by. We all know what it is to be distracted—a feeling that our attention is not quite where it should be. It is not a new complaint, at work and. In his lucid, timely book, Damon Young shows that distraction is more than too many stimuli, *Distraction: A Philosopher's Guide To Being Free*. *Distraction: A Philosopher's Guide to Being Free* By Damon Young Melbourne University Press ?, pages. Distractions are always with.

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DISTRACTION: A PHILOSOPHER'S GUIDE TO BEING FREE Because I am a very distracted person I was motivated to read the book. I found the first

A Philosopher's Guide To Being Free Damon Young. "This warm, witty book does something wonderful: it brings the great ideas of philosophy into our lives.

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