

-The attention span of modern society is quickly dwindling. It is extremely difficult to fully care about anything, when you constantly know everything. We are constantly bombarded with information from multiple sources, such as social media, the news and limelight celebrities, which can overwhelm us and negatively affect our ability to pay attention.

-Instant gratification. When everything you could ever want is right at your fingertips, why would you want to work for it? This is the question we must ask ourselves to know what truly is in our hearts. If our desires are just a search away, it can be difficult to motivate ourselves to do the hard things in life. This affects our focus and attention by mindlessly fulfilling our immediate desires without much concentration on the long term detriment of that decision. By practising the discipline of delayed gratification, we start to develop the attributes of patience, self control and most importantly, long term perspective. Completing the hard tasks in life and actively rejecting short term desires just because you know that the rewards and benefits of doing so are much greater, and more fulfilling.

-Lack of mindfulness. I've learned first hand very recently, the effect of lack of mindfulness on my personal ability to focus and pay attention. When I was on holiday in Patara, Turkey. I lost my phone in the mountains a week before my trip ended. So I had no other choice than to be absolutely present and pay attention to the world around me without the distraction of social media, taking pictures, constantly wondering what everyone thought about my trip. This experience has truly changed how I view and interact with the world now. It has brought back my child-like inclination for exploring and becoming creative with what I can do to entertain myself, using the world and the nature around me. When I was a child, I used to have a burning love and desire for nature and exploration. I would take long hikes into the woods by myself just to create forts, catch little animals and take in the beauty of nature. Losing my phone in Turkey and being forced to really pay attention to my surroundings, brought back all these natural instincts of mine, which I will not lose again.

-New information. The new piece of information I've now learned and adopted into my life, is monthly dopamine detoxes. Taking 3 days out of every month to eliminate as many things in your day to day life that provide you an overabundance of dopamine production. That being for me, limiting my screen time to 1-2 hours per day, cutting caffeine consumption, and cutting any junk foods for those select 3 days. While replacing these things with reading a book, listening to an educational podcast, going for a 10 min walk after every meal and limiting my food to only whole and clean food sources.

Disciplines Of Attention

Emilie Sanchez



Disciplines Of Attention:

Adopting the Tune of Phrase: An Psychological Symphony within **Disciplines Of Attention**

In some sort of used by monitors and the ceaseless chatter of immediate communication, the melodic elegance and psychological symphony produced by the published term frequently disappear into the backdrop, eclipsed by the persistent sound and disruptions that permeate our lives. Nevertheless, located within the pages of **Disciplines Of Attention** a charming fictional prize full of fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that fascinating masterpiece conducts readers on an emotional journey, well unraveling the hidden tunes and profound influence resonating within each cautiously crafted phrase. Within the depths with this emotional analysis, we shall examine the book is central harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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