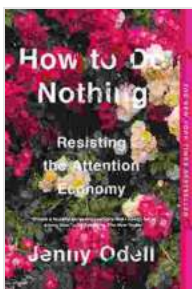


Resisting the Attention Economy: How to Break Free from the Constant Need for Stimulation

In this groundbreaking book, Jenny Odell argues that we are living in an 'attention economy', where our time and attention are constantly being competed for by corporations and other powerful interests. This can lead to a sense of overwhelm and burnout, as we are constantly bombarded with stimuli and notifications.



How to Do Nothing: Resisting the Attention Economy

by Jenny Odell

★★★★☆ 4.2 out of 5

Language : English
File size : 3050 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Print length : 241 pages
Screen Reader : Supported



Odell offers a radical solution: we need to learn how to do nothing. By resisting the constant need for stimulation, we can free up our minds and reclaim our attention for ourselves. This book is a must-read for anyone who wants to live a more mindful and fulfilling life.

What is the attention economy?

The attention economy is a term used to describe the way that our time and attention are constantly being competed for by corporations and other powerful interests. This can be seen in the way that we are constantly bombarded with marketing messages, social media notifications, and other forms of stimulation. As a result, we have become increasingly distracted and less able to focus on the things that are truly important to us.

How does the attention economy affect our lives?

The attention economy can have a number of negative consequences for our lives. For example, it can lead to:

- Increased stress and anxiety
- Burnout
- Difficulty concentrating
- Social isolation
- Poor sleep

In short, the attention economy can make it difficult to live a happy and fulfilling life.

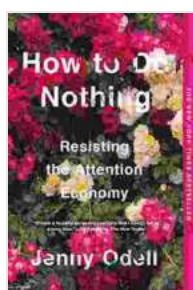
How can we resist the attention economy?

Odell offers a number of practical tips for resisting the attention economy. These include:

- Take breaks from technology
- Spend time in nature

- Pursue activities that you enjoy
- Connect with others in person
- Learn to meditate

Resisting the attention economy is not easy, but it is possible. By following Odell's advice, we can free up our minds and reclaim our attention for ourselves. This will allow us to live more mindful and fulfilling lives.



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