

Concentration

Staying Focused in Times of Distraction

Stefan Van der Stigchel

Translated by Danny Guinan

The MIT Press

Cambridge, Massachusetts | London, England

Contents

Prologue ix

- 1 Why Is It Difficult to Concentrate? 1**
- 2 When and When Not to Multitask 35**
- 3 The Sender: How Do You Hold Someone's Attention? 65**
- 4 The Receiver: How Can You Improve Your Concentration? 87**
- 5 The Importance of Concentration in Traffic 123**
- 6 The Future: Are We All Going Stir-Crazy? 145**

Hope for the Future 157

Acknowledgments 161

Notes 163

Index 191