

Focus – why it has become so hard

Upcoming episode

Why has concentrating become so hard? A walk through two books about attention – Stolen Focus by Johann Hari and Hyperfocus by Chris Bailey – and what they say separately and together.

MAIN TOPICS

- Why attention is under pressure
- Stolen Focus by Johann Hari
- Hyperfocus by Chris Bailey
- Hyperfocus and scatterfocus
- Autopilot, and where attention actually goes
- Practical moves for working undisturbed

QUESTIONS THIS EPISODE ANSWERS

- Why has concentrating become harder?
- Is it a question of willpower, or of our surroundings?
- What does Johann Hari believe has stolen our attention?
- What is hyperfocus, and how do you get there?
- Why is letting the mind wander also a form of focus?
- What can you do in practice, in an ordinary working day?

KEY POINTS

- The two books look at the same problem from opposite ends – the system and the individual.
- Hari points at our surroundings: much of this cannot be solved by willpower alone.
- Bailey points at the craft: steering your attention is something you can practise.
- Scatterfocus is not the opposite of working – the brain needs both.

This is general information, not individual health advice.

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