

Remote & Virtual Working: The Impact of Digital Distractions on Workplace Performance, Focus & Stress

SUGGESTED READING LIST

Chris Bailey (2018). ***Hyper Focus: How to Manage Your Attention In A World of Distraction***. Penguin Random House.

Frances Booth (2013). ***The Distraction Trap: How to Focus in A Digital World***. Pearson Education Ltd.

Shaahin Cheyene (2012). ***How the Internet Is Changing Our Brain***:
http://www.huffingtonpost.com/shaahin-cheyene/internet-brain_b_1248845.html

Nicholas Carr (2010). ***The Shallows: What the Internet Is Doing to Our Brains***. W.W. Norton & Company.

David Dillard-Wright (2011). ***Meditation for Multitaskers: A Guide to Finding Peace between the Pings***. Adams Media.

Duke, K., Ward, A., Gneezy, A., & Bos, M. (2018). ***Having Your Smartphone Nearby Takes a Toll on Your Thinking***. Harvard business Review:
<https://hbr.org/2018/03/having-your-smartphone-nearby-takes-a-toll-on-your-thinking>

Victoria L. Dunckley (2014). ***Gray Matters: Too Much Screen Time Damages the Brain***:
<https://www.psychologytoday.com/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain>

Adam Gazzaley & Larry D. Rosen (2016). ***The Distracted Mind: Ancient Brains in a High-Tech World***. The MIT Press.

William Powers (2010). ***Hamlet's BlackBerry: Building a Good Life in the Digital Age***. Harper Perennial.

Newport, C. (2016). ***Deep Work: Rules for Focused Success in a Distracted World***. Grand Central Publishing.

Dario Salvucci & Niels Taatgen (2010). ***The Multitasking Mind***. Oxford University Press.

Mari K. Swingle (2019). 2nd Ed. ***iMinds: How and Why Constant Connectivity is Rewiring our Brains and What to Do About It***. New Society Publishers.

