

**UNLEASH THE  
PEAK PERFORMER  
WITHIN YOU**

## **CHAPTER 10**

### **LITTLE DISTRACTIONS THAT ROB YOU BLINND**

*"If you wanted to invent a device that could rewire our minds, if you wanted to create a society of people who were perpetually distracted..... you'd likely end up with a smart phone."*

**- Catherine Price -**

***Author of "How to Break up With Your Phone"***

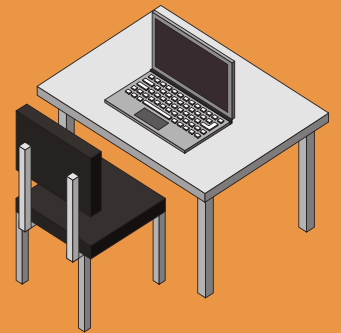
**1**

**Stop multi-tasking!**



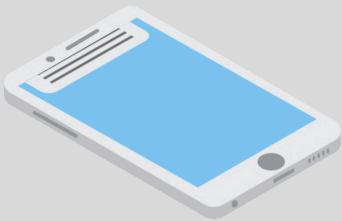
**2**

**Simplify and clean up your work environment.**



**3**

**Break your addiction to technology.**



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