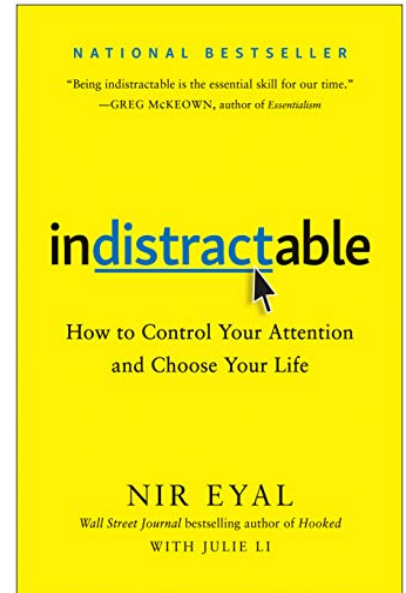


Indistractable Book Summary (PDF) by Nir Eyal

Ready to learn the most important takeaways from Indistractable in less than two minutes? Keep reading!



Why This Book Matters:

Indistractable teaches readers where their inner distractions are rooted and what they can do to be more focused on the task at hand.

The Big Takeaways:

1. **Your inner distractions are the loudest.**
 1. If Today, people are easily bored because there are so many other things around to entertain them.
2. **Get to know your inner distractions and why they exist in the first place.**
 1. Be kinder to yourself to show your inner self that you have control over inner distractions.
3. **Pencil yourself in.**
 1. You must take time to take care of yourself and your personal life.
4. **Eliminate your outer distractions.**

1. You know the things that steal your attention. Take those things out of your environment until they're needed so you can concentrate.
5. **Being distracted is not completely your fault at work.**
 1. A faulty culture at work can slow everyone's progress down.

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