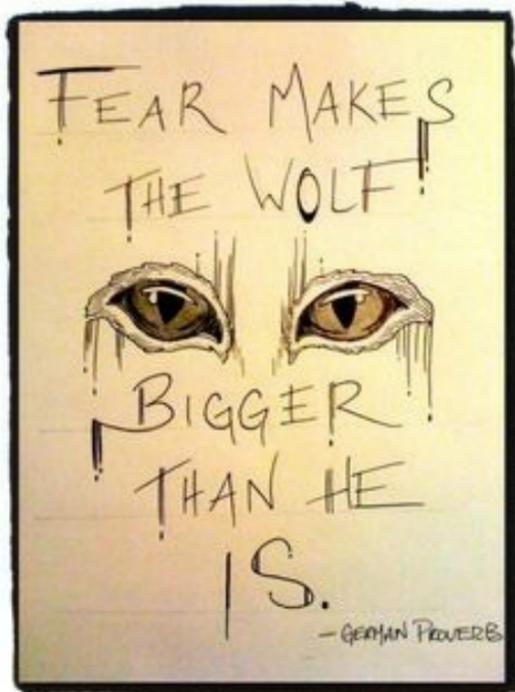


Focus

by Leo Babauta – USA

A simplicity manifesto in the Age of Distraction

Part seven



Let go of the need to stay updated

Many of us are slaves to the news, to the need to keep updated with what's happening in the world, in our business niche, with our friends.

We are information junkies in some way: we watch TV news all the time, or entertainment news, or keep up with lots of blogs, or our RSS feed reader, or Twitter, or Digg or Delicious, or email, or one of the many news aggregator sites.