

Focus

by Leo Babauta – USA

A simplicity manifesto in the Age of Distraction

Part five



Limiting the stream

“Time is but the stream I go a-fishing in.”

– Henry David Thoreau

The stream of news, information, and messages we get these days is enough to drown us. It's staggering in its volume.

It's a wonder anyone can find any focus with an information stream like that.

LOOK!
A Distraction!

