

The Stream of Distractions

The more connected a person becomes on the Internet, the more distractions they face in their day. Just a couple decades ago, most people's distractions consisted of the phone, the fax machine, incoming memos and paperwork, solitaire, and actual people in their offices.

These days, people who work online face much more than that:

- email (perhaps the biggest problem for most people)
- instant messaging
- Twitter
- Facebook
- online forums
- blogs
- other social networks
- news sites
- text messages
- Skype
- podcasts
- Google alerts
- mobile device notifications (iPhone, Blackberry, etc.)
- mobile apps
- videos
- online music
- online shopping
- Internet radio
- paperwork
- online games
- solitaire
- internet TV
- e-books

And more.

Why and How to Limit the Stream

With so many distractions, it's impossible to truly focus on the important.

We try to drink the stream, but it's too voluminous and never-ending