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Edward M. Hallowell, M.D., was an instructor at Harvard Medical School for twenty years and is now the director of the Hallowell Centers in Seattle, San Francisco, New York City, and the Boston area. He is the co-author of *Driven to Distraction*, *Delivered from Distraction*, and *Answers to Distraction*, as well as the author of *CrazyBusy*, *The*

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It used to go like this:
"How are you?" "Fine."
Now it often goes like
this: "How are you?"
"Busy." Or "Too busy."
Or simply "Crazy."
Without intending for it
to happen or knowing
how, when, or why it
got started, many
people now find that
they live in a rush they
never wanted. If you
feel busier than you've
ever been and wonder
how ...

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All right, there are definitely times we should not try to multitask. But, we may think, it's nice to say that we should focus on one thing at a time, but the real world doesn't work that way.

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overload—is a national
epidemic. Without
intending it or
understanding how it
happened, we've
plunged ourselves into
a mad rush of activity,
expecting our brains to
keep track of more
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harried pace of modern
life. If you find yourself
pulled in a million
different directions,
here at last is the
opportunity to stop
being busy, start being

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symptom of our high-speed, high-tech world

- is a national epidemic. Day in and

day out, we plunge

ourselves into a mad rush of activity, and

the resulting ...

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ADD, ADA expert
Edward M. Hallowell,
MD, will show you how
to survive in an ultra-
competitive, ultra-fast,
attention deficit society
and remain sane by
following these 10 key
principles to managing
modern life.

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