We live in a culture that is constantly amping us up with stress and stimulation. --Johann Hari

**Stolen Focus: Why You Can't Pay Attention**

"I think there's a more interesting definition of attention that's been developed really in the last five years in this new attentional environment that comes from a man named James Williams. Dr. James Williams who was at the heart of Google for many years, was horrified by what they were doing to our attention, quit, and became, I would argue, the most important philosopher of attention in the world today. And he's developed this kind of typology of attention. He argues there are three layers of attention -- I would actually argue there's a fourth one as well -- that I think help us to think about this question in a more interesting way." Johann Hari, author of "Stolen Focus: Why You Can't Pay Attention," shares more in this interview.

**Be The Change:**

Learn more about the book and listen to some audio clips from it here.