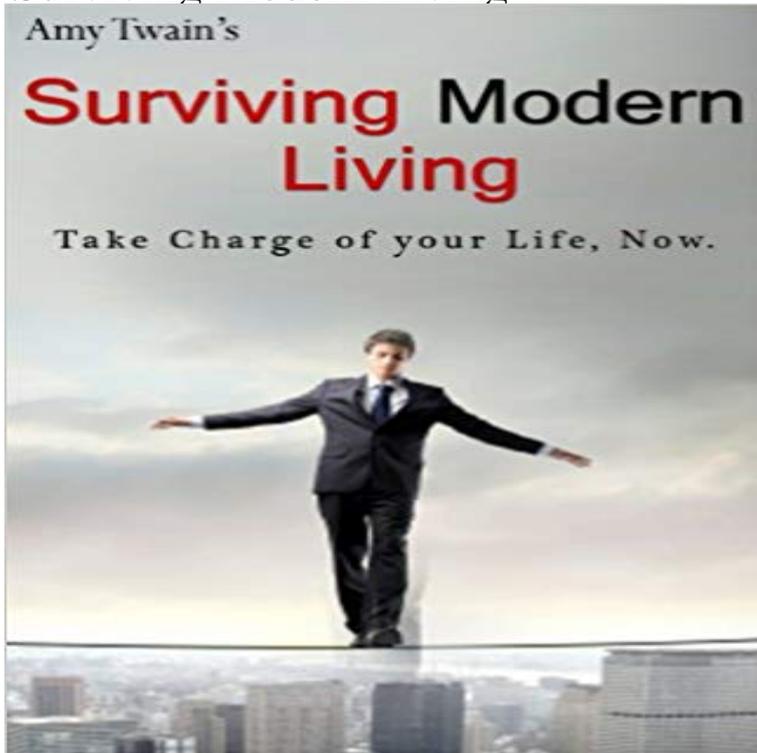


Surviving Modern Living



FACEBOOK, TWITTER, EMAIL AND TEXTING Kill Your Productivity, Health And Mental Well-Being. Learn The Secrets Of Coping With Them So You Can Actually Finish Work At The End Of The Day. Be Productive And Get Much More Done! Let me ask you the following: * Do you often keep checking your email? * Do you feel the urge to open and even reply to all your messages? * Do you take work related phone calls even when you're out with your family? * Do you need to stay connected even when you're on vacation? * Do you feel lost if there is no internet connection? * Do you really have to be connected all the time? If you answer YES then it means only one thing: you're so hooked to today's modern technology that you're like a drug addict going through withdrawals if you don't have your daily fix of it. You're probably going to say that comparing you to a drug addict is a little harsh and that you're not like them. Well, let's see: * Can't go without logging online and checking email. * Jumps the gun checking his or her cell phone whenever he or she hears a tone. * Is beside himself if he can't connect with what is going on at work. * Can't stay focused on the job because he or she's thinking about the next tweet. I dunno...it probably is just me but that sure sounds like something an addict would do. Face it, you have an addiction. An addiction to being distracted by today's technology. You live it, you crave it, you can't get enough of it - to the point of bringing your cell phone with you even when you go to the bathroom. Don't laugh, you probably done that. Technological Distractions Eats Time. Believe it or not we can spend up to half our day using technology, especially with the easy availability of smart phones. But it's not just technology that is only to blame. Social networking can also be a major headache what with many people forgetting that there is a fine line between their personal

and professional lives. Some have even been dismissed for posting about something about work on their personal blog page, something referred to as either being Facebook Fired or Twerminated. The thing is we are all guilty of being technologically distracted. Collectively, even using sites such as Facebook and Twitter for half an hour can result in millions, if not billions, of dollars in lost productivity. That's productivity that can never be recovered no matter how hard one tries. Many companies have resorted to blocking access to these internet based distractions except for a few exceptions. While it may work many of those affected still feel that it has had no negative impact on their work. You Can Control Yourself! It doesn't need your company to tell you that these distractions are lowering your productivity. After all, you've probably noticed that you're not able to finish a lot of your projects. You've also noticed that work seems to be piling up even though, as far as you can remember, you've been on your computer for pretty much the whole day. Perhaps if you have been doing work on your computer as opposed to surfing and going to social networking sites you would be able to finish your task. You need to control your own compulsions and stop yourself from doing these distracting things. The internet may beckon but unless you have finished your job you should not be playing around. Yes the post was pretty funny but do you have to make a comment now? Commenting later does not diminish the fact that you found it funny. That's why you need to turn off the smart phones and block your access to distracting websites even if you have to use any means to do this. Take action now and become the most productive and efficient professional people will ever meet. Not only will you get more done, finish early and impress the people you want to impress, you also feel much better about yourself! Let's do this together. I'm ready. Are you?

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion,

Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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