

**NOTES FROM: *Indistractable*, by Nir Eyal**

**SUMMARY:** It used to be said that “religion is the opium of the people,” but today the people have a *new* religion, and how they worship is by opening an app on their phones and devoting themselves to endless, mindless scrolling for hours and hours at a time.

Quick, cheap release from the boredom, anxiety, and discomfort of modern life is constantly available with an infinite scroll, and just as in the original meaning of the quote above, the tech companies profit *enormously* from your apathy and pacification.

Netflix doesn't care about what time you have to get up in the morning - one of the founders is even quoted as saying that their number one competitor is sleep! Instagram doesn't care whether or not you achieve your life goals, and TikTok couldn't care less about where you derive true meaning and fulfillment in life; *they just want your attention*.

This book, *Indistractable*, is how you fight back. It's an immediately applicable, practical, “scared straight” program for your scrolling addiction, and I was able to derive a *ton* of benefits from reading it back in 2020. It's probably saved me at least a few hundred hours of my life since then, and so it's a book I recommend quite strongly.

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“Being indistractable means striving to do what you say you will do. Indistractable people are as honest with themselves as they are with others. If you care about your work, your family, and your physical and mental well-being, you *must* learn how to become indistractable.”

“I discovered that living the life we want requires not only doing the right things; it also requires us to *stop* doing the *wrong* things that take us off track.”

“When you invent the ship, you also invent the shipwreck.”

“The antidote to impulsiveness is forethought.”

“The time you plan to waste is not wasted time.”

“Even when we *think* we're seeking pleasure, we're actually driven by the desire to free ourselves from the pain of wanting.”

“Distraction is always an unhealthy escape from reality. How we deal with uncomfortable internal triggers determines whether we pursue healthful acts of traction or self-defeating distractions.”

“The only way to handle distraction is to learn how to handle discomfort.”

“Look for the discomfort that preceded the distraction.”

“It’s a curious truth that when you gently pay attention to negative emotions, they tend to dissipate - but the positive ones expand.”

“Becoming intensely curious about and interested in the task can help us achieve deeper focus.”

“Labeling yourself as having poor self-control actually leads to less self-control.”

“If we don’t plan our days, someone else will.”

“We must learn a powerful technique called a *‘precommitment,’* which involves removing a future choice in order to overcome our impulsivity.”

“I won’t do what I want to do if I’m not in the right place at the right time, whether that’s in bed when I want to sleep or at my desk when I want to do good work.”

“No agenda, no meeting.”

“He believes that willpower is not a finite resource but instead acts like an emotion. Just as we don’t ‘run out’ of joy or anger, willpower ebbs and flows in response to what’s happening to us and how we feel.”

“We can cope with uncomfortable internal triggers by reflecting on, rather than reacting to, our discomfort. We can reimagine the task we’re trying to accomplish by looking for the fun in it and focusing on it more intensely. Finally, and most importantly, we can change the way we see ourselves to get rid of self-limiting beliefs.”