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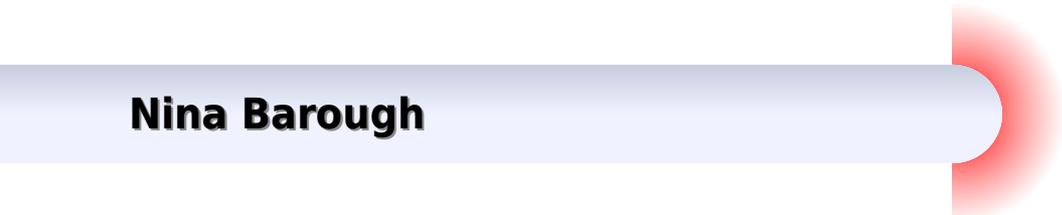
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The Practice of Attention Cody Cook-Parrott, 2026-03-17 A deeply personal invitation to reclaim your focus as a radical act of self care and creative resistance When our attention splinters so do we It is not an exaggeration to say this book will save your life It saved mine Holly Whitaker New York Times bestselling author of Quit Like a Woman It s no secret that our attention is fractured We look for distraction anytime we have a spare moment or feel bored or uncomfortable We yearn to be fully immersed in the moment whether for deep work or pleasure but we have almost forgotten how In The Practice of Attention beloved artist and teacher Cody Cook Parrott offers a vulnerable exploration of how they overcame social media and technology addiction sharing their road map for reclaiming the most precious of resources our time For Cody digital distractions shared parallels with alcohol and other addictions trying to escape painful parts of life through dopamine hits and other highs Social media use enabled workaholism and distraction from real life and tough choices After working through the practices in this book Cody permanently deleted their Instagram account which had over 80 000 followers so they are now free of the comparison the doom scrolling and the constant back and forth But you don t have to delete social media to benefit from the suggestions in this book With a focus on the art of presence rather than the science of productivity Cody encourages you to Investigate what you re avoiding and who benefits when you distract yourself Conduct an Attention Audit to understand where you place your focus and lose it throughout the day and the week Implement a Digital Detox in ways that feel nourishing and meaningful Cultivate daily rituals rather than routines Nurture practices that bring fun play and spaciousness into your life including hobbies movement creativity research and being of service Foster curiosity and devotion and letting go of perfectionism and people pleasing Shifting our attention has profound power on how we experience ourselves and those around us Cody writes This is my wish that you feel less pull toward your screen and more pull toward your life

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