

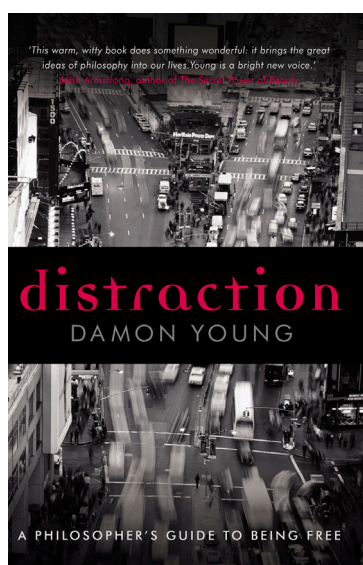
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DISTRACTION

by Damon Young

We all know what it is to be distracted — a feeling that our attention is not quite where it should be. Though it is not a new complaint, at work and at home, in our social lives and in the bedroom, our attention is often torn between one thing and another. What does it mean to be distracted, and why?

In this insightful journey through the lives of philosophers, artists and great political thinkers, Damon Young shows how rewarding patient, sensitive and thoughtful attention to the world can be. He suggests that the opposite of a life of distraction is one of genuine freedom.

Damon Young is an Honorary Fellow in Philosophy at the University of Melbourne, and the author of essays, fiction and poetry. He has lectured in European philosophy, literature and globalisation.

'This author makes "dancing" with the philosophic and artistic masters ...enjoyable even though one may be tone-deaf to the music and not know the steps.' — Barbara Cullen, *Bookseller + Publisher Magazine*

Damon Young will be available for interview in September 2008

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