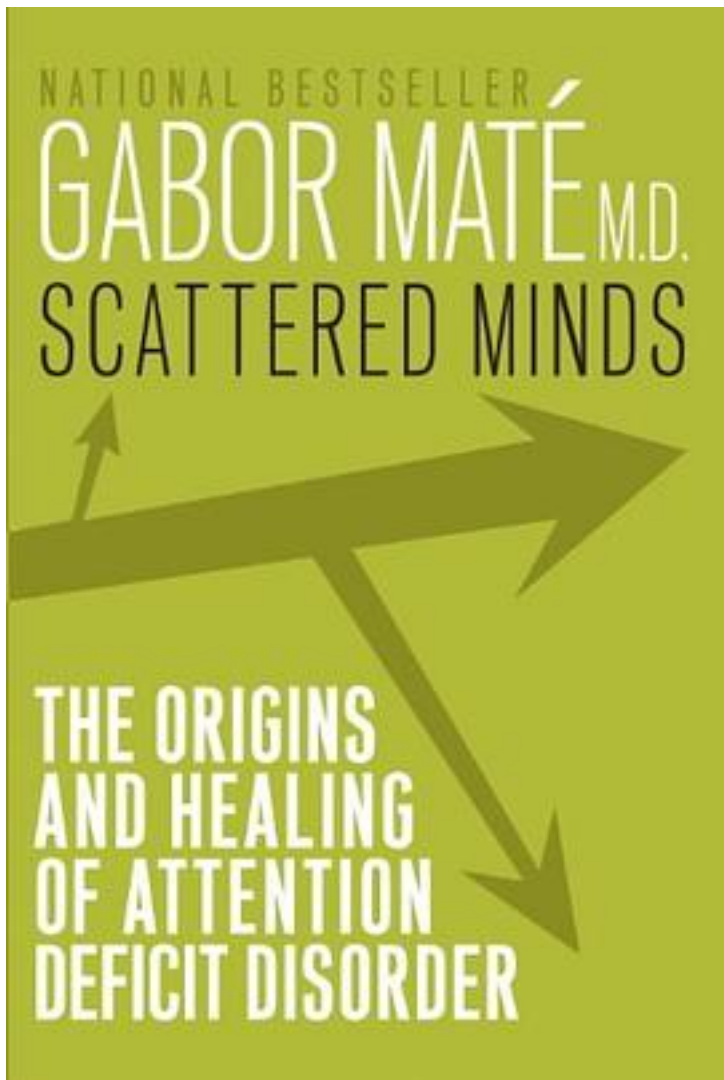


# Scattered Minds



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著者:Gabor Mate

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作者介绍:

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标签

实用心理学

SW

评论

meh. not for me.

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"Nobody is born with “attention.” Like language, being attentive is a skill we acquire. As with all other skills, the conditions necessary for the development of attention have to be present. " Believe it or not, I had ADD since I was a child as I dissociated a lot from realities by creating all sorts of fantasies. I wonder what caused my condition

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书评

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