

delivered from distraction hallowell

Delivered from Distraction Hallowell: Unlocking Focus and Productivity in a Distracted World

In today's fast-paced digital age, distractions are more pervasive than ever. Whether it's notifications from our smartphones, social media interruptions, or constant multitasking, maintaining focus has become an ongoing challenge for many. Fortunately, Dr. Edward M. Hallowell's book, *Delivered from Distraction*, offers valuable insights and practical strategies to help individuals regain control over their attention, reduce distractibility, and enhance their productivity. This comprehensive article explores the core concepts of **Delivered from Distraction Hallowell**, providing actionable advice for overcoming distractions and fostering a more focused, fulfilling life.

Understanding the Core Concepts of Delivered from Distraction Hallowell

What Is Distraction and Why Is It So Prevalent?

Distraction refers to the interruption of focus by external or internal stimuli, leading to a loss of attention on a task at hand. In the modern environment, distractions are omnipresent due to:

- The ubiquity of smartphones and digital devices
- Social media platforms designed to capture attention
- Multitasking demands in work and personal life
- Environmental noise and interruptions

Hallowell emphasizes that distraction is not merely a matter of poor discipline but often a symptom of underlying issues such as boredom, restlessness, or anxiety.

The Concept of Attention and Focus

According to Hallowell, attention is a vital mental resource that enables us to concentrate on what truly matters. Focus involves intentionally directing attention to specific tasks, allowing for deeper engagement and better performance. When attention is fragmented or diverted, productivity suffers, and frustration increases.

Key Principles of Delivered from Distraction

Hallowell's framework revolves around understanding and managing attention rather than merely trying to suppress distractions. The core principles include:

- Recognizing the value of attention as a finite resource
- Developing awareness of distraction triggers
- Cultivating habits that enhance focus
- Embracing flexibility and self-compassion in the process

1. Recognize the Distraction Triggers

Identifying what causes distractions is the first step toward managing them. Common triggers include:

- Boredom or monotony
- Anxiety or stress
- Environmental interruptions
- Fatigue or lack of sleep
- Overwhelm from multitasking

By becoming aware of these triggers, individuals can implement targeted strategies to reduce their impact.

2. Cultivate Attention Skills

Hallowell advocates for deliberate practice to strengthen attention, such as:

- Mindfulness exercises
- Focused meditation
- Structured time blocks for deep work
- Limiting digital notifications

These practices help train the mind to sustain attention longer and recover more quickly from distractions.

3. Redefine Productivity and Success

A significant insight from Delivered from Distraction is redefining what it means to be productive. Instead of constant busyness, focus on:

- Quality over quantity
- Deep work sessions
- Meaningful engagement with tasks

- Allowing time for reflection and rest

This shift enables a healthier, more sustainable approach to work and life.

Practical Strategies from Delivered from Distraction Hallowell

Implementing specific techniques can dramatically improve focus and reduce the impact of distractions:

1. Time Blocking and Scheduling

Designate specific periods for focused work, free from interruptions. Use tools like calendars or timers to allocate dedicated time slots.

Example of a time-blocking plan:

- 9:00–10:30 am: Deep work on project A
- 10:30–10:45 am: Break
- 10:45 am–12:00 pm: Respond to emails and messages
- 1:00–3:00 pm: Creative brainstorming

2. Digital Detox and Environment Optimization

Create a workspace that minimizes distractions:

- Turn off non-essential notifications
- Use website blockers during work sessions
- Keep your workspace tidy and organized
- Use noise-canceling headphones if necessary

3. Mindfulness and Meditation Practices

Regular mindfulness exercises help improve attention span:

- Practice focused breathing for 5–10 minutes daily
- Use guided meditation apps
- Incorporate brief mindfulness pauses during work

4. Break Tasks into Manageable Steps

Large tasks can feel overwhelming, leading to distraction. Break them into smaller, actionable steps to maintain momentum and focus.

5. Schedule Breaks and Rest Periods

Allow regular breaks to recharge mental energy. Techniques include:

- Pomodoro Technique: 25-minute work intervals with 5-minute breaks
- Longer breaks after several Pomodoros
- Physical activity during breaks to boost alertness

Overcoming Common Challenges to Focus

Hallowell discusses typical obstacles that hinder attention and offers strategies to overcome them:

1. Boredom and Restlessness

- Engage in tasks that are meaningful and aligned with your interests
- Mix routine tasks with more stimulating activities
- Practice mindfulness to accept and observe feelings of restlessness

2. Anxiety and Stress

- Use relaxation techniques like deep breathing or progressive muscle relaxation
- Prioritize tasks to reduce overwhelm
- Incorporate physical activity into daily routines

3. Multitasking and Task Switching

- Commit to single-tasking whenever possible
- Use focused work blocks
- Recognize that multitasking reduces efficiency and increases errors

4. Technology Overload

- Set boundaries for device use
- Use apps to limit screen time
- Turn off notifications during focused periods

The Role of Self-Compassion and Flexibility

Hallowell emphasizes that overcoming distraction is a gradual process that requires patience and self-kindness. Instead of criticizing oneself for lapses, individuals should:

- Acknowledge setbacks without guilt
- Adjust strategies as needed
- Celebrate small successes in maintaining focus

Flexibility allows for adapting to changing circumstances and finding what works best for each individual.

Building a Distraction-Resistant Lifestyle

Creating an environment conducive to focus involves more than just individual habits. Consider the following:

- Establish routines that promote attention and well-being
- Communicate boundaries with colleagues, family, or friends
- Prioritize tasks based on importance and energy levels
- Incorporate regular periods of solitude and reflection

Creating a Personal Focus Plan

Develop a customized plan that includes:

- Identified distraction triggers
- Specific techniques to address them
- A schedule that balances work and rest
- Methods for tracking progress and adjusting strategies

The Benefits of Delivered from Distraction

Implementing the principles from Hallowell's work can lead to numerous positive outcomes:

- Increased productivity and efficiency
- Greater sense of control and satisfaction
- Improved mental clarity and emotional resilience
- Enhanced relationships through better presence and attentiveness
- Reduced stress and burnout

Conclusion: Embracing Focus in a Distracted World

Delivered from Distraction Hallowell provides a compassionate, practical roadmap for reclaiming your attention and improving your overall quality of life. By understanding the nature of distraction, cultivating attention skills, and implementing targeted strategies, you can foster a more focused, purposeful existence. Remember, overcoming distraction is an ongoing journey that benefits from patience, self-awareness, and flexibility. Start small, stay consistent, and gradually build a lifestyle that supports your best self—free from the grips of distraction.

Frequently Asked Questions

What is the main premise of 'Delivered from Distraction' by Dr. Edward Hallowell?

'Delivered from Distraction' explores how individuals can overcome attention-related challenges such as ADHD, distraction, and impulsivity by understanding their brains and adopting practical strategies to improve focus and mental well-being.

How does 'Delivered from Distraction' differ from other books on attention and focus?

The book combines scientific research with real-life stories, offering personalized approaches and holistic strategies to help readers manage distractions, rather than just providing theoretical insights or quick-fix solutions.

What practical tips does 'Delivered from Distraction' offer for managing distraction and improving focus?

It suggests strategies like mindfulness practices, organizing environments to reduce clutter, setting clear priorities, and understanding individual mental styles to enhance concentration and reduce impulsivity.

Who is the target audience for 'Delivered from Distraction'?

The book is aimed at individuals struggling with attention issues, parents, educators, mental health professionals, and anyone interested in understanding and managing distraction and attention challenges.

What role does self-awareness play in the solutions presented in 'Delivered from Distraction'?

Self-awareness is central to the book's approach, encouraging readers to recognize their unique distraction patterns and strengths, which enables them to tailor strategies that effectively improve focus and mental clarity.

Additional Resources

Delivered from Distraction Hallowell: Navigating Attention in a World of Distraction

In an era characterized by relentless connectivity and information overload, maintaining focus and attention has become an increasingly challenging endeavor. The phrase "Delivered from Distraction Hallowell" evokes the central theme of Dr. Edward M. Hallowell's influential work on attention, focus, and the modern struggle against distraction. His insights offer a comprehensive roadmap for individuals seeking to regain control over their attention spans, improve productivity, and cultivate mental clarity. This article provides an in-depth exploration of Hallowell's perspectives, examining the roots of distraction, practical strategies for focus, and the broader societal implications of a distracted world.

Understanding the Concept of Distraction: The Foundation of Hallowell's Philosophy

The Modern Attention Crisis

The digital revolution has dramatically transformed the way humans process information. Smartphones, social media, emails, and instant messaging create an environment where constant interruptions are the norm. This perpetual influx of stimuli hampers our ability to concentrate on tasks that require sustained attention, leading to what Hallowell describes as an attention crisis. This crisis manifests not only in individual productivity but also in mental health issues such as anxiety, depression, and burnout.

Hallowell emphasizes that distraction is not merely a personal failing but a structural issue rooted in our environment. Our brains are wired for novelty and immediate gratification, making it difficult to resist the allure of quick dopamine hits provided by digital devices. Understanding this biological and environmental backdrop is essential to devising effective strategies for mental focus.

The Difference Between Attention and Distraction

Hallowell distinguishes between attention—focused, deliberate concentration—and distraction, which is often involuntary and fragmented. While attention is a voluntary act that aligns with our goals and values, distraction is an external or internal interruption that pulls us away from meaningful engagement.

He notes that in the digital age, the boundary between the two has blurred, with many individuals experiencing a constant tug-of-war between focused work and the seductive pull of notifications, entertainment, or social validation. Recognizing this distinction allows individuals to better understand their patterns of distraction and develop targeted interventions.

The Roots of Distraction: Biological, Psychological, and Societal Factors

Biological Predispositions

Our brains are inherently designed to seek novelty and respond to stimuli that promise reward. Dopamine—the neurotransmitter associated with pleasure and reinforcement—plays a key role in reinforcing behaviors that provide quick gratification. Digital devices leverage this system, making it difficult to resist checking notifications or scrolling through feeds.

Moreover, the brain's prefrontal cortex, responsible for executive functions like planning and impulse control, can become overwhelmed or underdeveloped in the presence of chronic distraction. This neurobiological perspective underscores the importance of creating environments that support sustained attention.

Psychological Dimensions

Psychologically, distraction can serve as a form of avoidance or self-soothing. For some individuals, engaging with digital media provides an escape from stress, boredom, or uncomfortable emotions. Hallowell notes that understanding one's emotional triggers is vital for addressing underlying issues that contribute to distractibility.

Additionally, conditions such as Attention Deficit Hyperactivity Disorder (ADHD) can predispose individuals to difficulty focusing. However, even those without diagnosed conditions often struggle with distractibility due to habitual patterns reinforced over time.

Societal and Environmental Influences

The modern environment is saturated with stimuli designed to capture attention. From advertising to media content, every aspect of contemporary life seems optimized to keep us engaged. Workplace cultures increasingly endorse multitasking and rapid shifts between tasks, often at the expense of depth and quality of work.

Furthermore, social norms around constant connectivity foster an expectation of immediate

responsiveness, creating a culture where being "offline" or unresponsive is perceived as a flaw. These societal factors collectively create a landscape conducive to distraction, making it imperative to develop personal strategies to carve out focus amidst the chaos.

Hallowell's Strategies for Regaining Focus and Overcoming Distraction

1. Cultivating Mindfulness and Conscious Attention

Hallowell advocates for mindfulness practices as a foundational tool in combating distraction. Mindfulness involves paying deliberate attention to the present moment without judgment, which enhances awareness of when one's focus drifts.

Practical steps include:

- Daily Meditation: Starting with just a few minutes per day to practice mindful breathing.
- Mindful Breaks: Taking intentional pauses during work to reset attention.
- Body Scanning: Becoming aware of physical sensations to ground oneself in the present.

By strengthening the neural pathways associated with focused attention, mindfulness can help individuals recognize distraction patterns early and redirect their focus intentionally.

2. Structuring Work and Life for Focus

Hallowell emphasizes creating environments and routines that minimize distractions:

- Designated Focus Periods: Scheduling blocks of uninterrupted time dedicated solely to important tasks.
- Creating Distraction-Free Zones: Turning off notifications, closing irrelevant tabs, and setting boundaries with colleagues or family during work sessions.
- Prioritization and Planning: Using to-do lists and time management techniques like the Pomodoro Technique to maintain momentum.

He also recommends setting clear boundaries around digital use, such as establishing "tech-free" times in the evening or during meals to foster presence and connection.

3. Developing Self-Acceptance and Compassion

Hallowell underscores the importance of reducing self-criticism related to distractibility. Recognizing that distraction is a common human experience allows individuals to approach their challenges with compassion rather than shame.

He suggests:

- Self-Awareness: Tracking when and why distractions occur to identify patterns.
- Celebrating Small Wins: Acknowledging progress in maintaining focus.

- Flexible Goals: Setting realistic expectations and adjusting strategies as needed.

This compassionate approach fosters resilience and encourages sustained efforts toward improved attention.

4. Engaging in Physical Activity and Healthy Lifestyle Habits

Physical health directly impacts cognitive function and attention:

- Regular Exercise: Boosts dopamine and serotonin levels, enhancing mood and focus.
- Adequate Sleep: Restorative sleep is crucial for cognitive clarity.
- Nutritional Choices: Balanced diets support brain health and energy levels.

Hallowell advocates for holistic lifestyle adjustments that support mental acuity and reduce susceptibility to distraction.

The Broader Implications: Society, Education, and the Future of Attention

The Impact on Education and Learning

In educational settings, distraction hampers deep learning and critical thinking. Hallowell's insights call for innovative teaching methods that foster engagement:

- Incorporating mindfulness exercises into curricula.
- Designing lessons that encourage active participation.
- Limiting digital distractions during class.

Creating environments that value sustained attention can cultivate a generation better equipped to navigate a distracted world.

The Workplace Revolution

Organizations increasingly recognize the importance of focus for productivity and innovation.

Companies adopting "distraction-aware" policies include:

- Encouraging "deep work" sessions without interruptions.
- Implementing digital detox periods.
- Promoting a culture that respects boundaries around communication outside work hours.

This shift can enhance employee well-being and organizational efficiency.

The Future of Attention in a Digital Age

As technology continues to evolve, so too must our strategies for managing attention. Hallowell's work prompts a societal reflection on the values placed on constant connectivity and immediate

gratification.

Potential future directions include:

- Developing digital tools that promote mindful use.
- Educating individuals from a young age about attention management.
- Cultivating a cultural shift that values presence and depth over speed and immediacy.

Conclusion: Embracing a Focused Life in a Distracted World

"Delivered from Distraction Hallowell" encapsulates a vital mission: to reclaim our attention and foster lives marked by presence, purpose, and productivity. Dr. Hallowell's insights illuminate the multifaceted roots of distraction and offer practical, compassionate strategies for overcoming it. By understanding the biological, psychological, and societal factors at play, individuals can implement personalized approaches to enhance focus.

In a world that constantly pulls us in countless directions, cultivating deliberate attention becomes an act of resistance and self-care. Whether through mindfulness, structured routines, or lifestyle adjustments, the journey toward being "delivered from distraction" is both achievable and transformative. As society grapples with the implications of digital saturation, embracing these principles can lead to healthier minds, more meaningful connections, and a future where focus and presence are celebrated virtues.

[Delivered From Distraction Hallowell](#)

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delivered from distraction hallowell: Summary of Edward M. Hallowell, M.D. & John J. Ratey, M.D.'s Delivered from Distraction Everest Media,, 2022-04-25T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 For those who don't read books all the way through, we offer this first chapter, set off from the rest of the book, that provides a general overview of what ADD is all about. #2 Attention deficit disorder is a name for a collection of symptoms, some positive, some negative. It is not a disorder, but a trait that can be positive or negative. People with ADD have special gifts, even if they are hidden. #3 There is an arbitrariness to the way we diagnose disorders. By the current DSM-IV definition, ADD does not exist. But the term ADHD includes both ADHD with hyperactivity and ADHD without hyperactivity, which means you can have ADHD without any signs of hyperactivity or impulsivity. #4 Those with ADHD have a

difficult time turning their great ideas into significant actions, and they often have a difficult time explaining themselves to others. They are often underachieving in school or at work, and they know they could be achieving at a higher level if only they could find the key.

delivered from distraction hallowell: Practicing Presence Lisa Lucas, 2023-10-10 Most teachers enter the field of education to make a difference in children's lives. But many end up, as author Dr. Lisa Lucas puts it, tired, wired, and running in circles. This leads to many new teachers abandoning the profession or to burnout among veteran teachers. In *Practicing Presence: Simple Self-Care Strategies for Teachers*, Dr. Lucas invites the reader to learn how to fully inhabit the present moment. Written in an informal and conversational tone, *Practicing Presence* is filled with ideas, exercises, checklists, personal anecdotes, and practices you can use to reframe and establish a mindset that will enhance your focus and engagement in the classroom. With approximately 50% of new teachers leaving the education field before the 5-year mark, it is more important than ever for educators to prioritize self-care. Each chapter of *Practicing Presence* includes self-care strategies that explore how to self-regulate, nurture self-acceptance, and promote compassion. Inside you'll find: Quotes and affirmations throughout the texts Scientific research and reflections on how these theories and practices can apply to your own life Paths to Mindful Teaching and how to integrate into your daily life Additional resources and online content to further support your practice When teachers care for themselves deeply and deliberately, they are better able to care for the people that matter most in their lives—their students, friends, and families. *Practicing Presence* focuses not on doing, but rather on being present in the life of the classroom.

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delivered from distraction hallowell: Living with ADHD Nicole Horning, 2018-07-15 Attention deficit hyperactivity disorder, or ADHD, is the source of much controversy. Some people feel it is over-diagnosed today, while others believe it was under-diagnosed in the past. Similarly, disagreements about treatment methods, especially whether or not a child should be given medication for it, have been ongoing for years. Sometimes these arguments are fueled by misinformation, and those who are affected by ADHD may have difficulty making their voices heard. Through full-color photographs, engaging sidebars, and quotes from experts in the field, this volume explores all sides of the issue, helping readers form their own opinions.

delivered from distraction hallowell: Conquering Learning Disabilities at Any Age Bryan Mark Rigg, 2022-03-25 “Read this story and see the greatness unfold, page after page.” —Dr. Edward M. “Ned” Hallowell, author, *Driven to Distraction* and *Delivered from Distraction* This important, insightful, and moving first-hand account of triumph over adversity will inspire and help many.” —Susan Hauser, assistant dean, Yale University, 1973-1999 For anyone who yearns to succeed despite the challenges of learning disabilities or ADHD should definitely read Bryan Mark Rigg’s *Conquering Learning Disabilities at Any Age*. As a child, Bryan Rigg was a menace. He was a tornado who couldn’t speak intelligibly or control his temper, and was as likely to be found on the roof as he was on the ground. Today, this boy is a man who speaks two languages and eventually got a PhD. His doctoral thesis was so extraordinary it became an acclaimed book, covered by national and international media. After college, he served in the Israel Defense Forces, accepted an officer commission in the U.S. Marine Corps, taught at the university level, worked on Wall Street, and built a successful financial services firm. All from a boy who couldn’t read or write until he was eight. Known for his groundbreaking work as a World War II historian, Rigg brings his gifts for academic research and storytelling to this memoir, in which he shares his personal experience in turning his distinctive gifts to his advantage. He shares his challenging journey, including the patience and persistence of his mother and teachers, his grit and determination to excel, the obstacles he still

faces every day, and the benefits to living with learning disabilities and ADHD. It's an unsparing personal look into what actually works and what doesn't, and how this can help teachers, parents, and others in the LD/ADHD community. *Conquering Learning Disabilities at Any Age* is a blueprint for creating a life that works with our neurological differences, and not against them. BRYAN MARK RIGG PhD is an author, military historian, retired Marine officer, educator, financial planner, and devoted father. He is the author of several acclaimed books on World War II history, including *Hitler's Jewish Soldiers* (2002), *Rescued from the Reich* (2004), *Lives of Hitler's Jewish Soldier* (2009), *The Rabbi Saved by Hitler's Soldiers* (2016) and *Flamethrower* (2020). He attended Yale University and graduated with honors, majoring in history, German studies, and English. Yale awarded him the Henry Fellowship to attend Cambridge University, where he earned his MA and his PhD.

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- Regain your equilibrium when you feel pulled in too many directions
- Outsmart your moody, anxious brain
- Know when to intervene and when to let go in a situation
- Respond with wisdom when someone treats you harshly
- Find inner quiet and peace when you feel agitated
- And much more

In each chapter, Felder includes examples drawn from his client's experiences and explanations from mind-body psychology and neuroscience to support the effectiveness of this kind of mindfulness practice.

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drawn from his client's experiences and explanations from mind-body psychology and neuroscience to support the effectiveness of this kind of mindfulness practice. [Click here to view this book's Discussion Guide.](#)

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delivered from distraction hallowell: CBT Workbook for Adults with ADHD Gaetana Yo Tate, CBT Workbook for Adults with ADHD: Thrive with Daily Focus, Clarity, and Calm through Mindfulness is a comprehensive guide for adults who want to manage their ADHD with practical, effective strategies rooted in Cognitive Behavioral Therapy (CBT) and mindfulness. Designed to empower you with tools to focus, reduce impulsivity, and embrace calm, this workbook provides a supportive path to building resilience and achieving personal growth. Inside, you'll discover: Structured Exercises: Practical, step-by-step exercises that help you identify personal patterns, reframe unhelpful thoughts, and develop routines that bring ease and clarity to daily life. Mindfulness Techniques: Simple mindfulness practices to ground you in the present, improving focus and emotional balance. Personalized Progress Tracking: Guided worksheets and reflection prompts that encourage you to set achievable goals, monitor your progress, and celebrate every milestone. Stress Management Tools: Techniques to manage anxiety and high-stress periods, empowering you to maintain calm and focus under pressure. Flexible Practices: Approaches that fit into your schedule, allowing you to make meaningful changes no matter how busy life becomes. If you're new to ADHD management or looking to deepen your toolkit, CBT Workbook for Adults with ADHD combines the science of CBT with the grounding power of mindfulness to provide you with a roadmap for thriving. Each chapter builds on the last, guiding you through daily exercises, thought-provoking reflections, and mindfulness practices that bring real-world results. Empower yourself to take control of your ADHD journey, overcome obstacles, and create a life of greater focus, clarity, and calm—one small step at a time.: Thrive with Daily Focus, Clarity, and Calm through Mindfulness is a comprehensive guide for adults who want to manage their ADHD with practical, effective strategies rooted in Cognitive Behavioral Therapy (CBT) and mindfulness. Designed to empower you with tools to focus, reduce impulsivity, and embrace calm, this workbook provides a supportive path to building resilience and achieving personal growth. Inside, you'll discover: Structured Exercises: Practical, step-by-step exercises that help you identify personal patterns, reframe unhelpful thoughts, and develop routines that bring ease and clarity to daily life.

Mindfulness Techniques: Simple mindfulness practices to ground you in the present, improving focus and emotional balance. Personalized Progress Tracking: Guided worksheets and reflection prompts that encourage you to set achievable goals, monitor your progress, and celebrate every milestone. Stress Management Tools: Techniques to manage anxiety and high-stress periods, empowering you to maintain calm and focus under pressure. Flexible Practices: Approaches that fit into your schedule, allowing you to make meaningful changes no matter how busy life becomes. If you're new to ADHD management or looking to deepen your toolkit, CBT Workbook for Adults with ADHD combines the science of CBT with the grounding power of mindfulness to provide you with a roadmap for thriving. Each chapter builds on the last, guiding you through daily exercises, thought-provoking reflections, and mindfulness practices that bring real-world results. Empower yourself to take control of your ADHD journey, overcome obstacles, and create a life of greater focus, clarity, and calm—one small step at a time.

delivered from distraction hallowell: *The Price of Silence* Liza Long, 2015-08-04 Liza Long, the author of "I Am Adam Lanza's Mother—as seen in the documentaries American Tragedy and HBO's A Dangerous Son—speaks out about mental illness. Like most of the nation, Liza Long spent December 14, 2012, mourning the victims of the Newtown shooting. As the mother of a child with a mental illness, however, she also wondered: "What if my son does that someday?" The emotional response she posted on her blog went viral, putting Long at the center of a passionate controversy. Now, she takes the next step. Powerful and shocking, *The Price of Silence* looks at how society stigmatizes mental illness—including in children—and the devastating societal cost. In the wake of repeated acts of mass violence, Long points the way forward.

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ways of identifying problems early and taking appropriate remedial action at home, at school, and in the community.

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