

Passionpreneur Publishing announces the global release of *Distracting Ourselves to Death*

The inspiring book by Rehan Khan is now available via major players in the global book distribution field.



Available On | 







United Arab Emirates, Dubai, Jul 12, 2021 (Issuewire.com) - Passionpreneur Publishing has announced the release of *Distracting Ourselves to Death* by Rehan Khan via the publishing industry's largest global book distribution networks. The book is anticipated to have an inspiring and profound effect on its target audience.

In this must-read book, author Rehan Khan shares invaluable insights, tools, and techniques to tame distraction and create a happier, contented, and more rewarding life in a distracted world.

If you feel exhausted by the constant intrusion and demands of technology, and your days pass by in a blur of emails, text messages, and social media notifications, you're not alone. It's no accident: our digital lives have been designed to keep us distracted.

Full of practical exercises and productivity hacks, *Distracting Ourselves to Death* is an indispensable

guide that explains why we have become so distracted, how we can manage our distractions, and how we can transform our lives into productive and meaningful ones. You will understand the true impact of digital distraction, discover how to manage your attention, habits, and environment, learn useful ways to actively counteract distraction, overcome procrastination and set boundaries, and transform your professional and personal life with new habits and meaningful pursuits.

The book is now available to inspire readers across the globe through the IngramSpark distribution network and other affiliates which will cover print-on-demand across the UK, Europe, USA, Australia, New Zealand, and the Middle East. The e-book is available in 25+ online bookstores like Amazon, Kindle, Barnes & Noble, and Apple Books in the Middle East.

Testimonials:

"The timing of this book could not be more apropos given all the shifts and pivots that people are experiencing in their work and lives. If you take away and apply only one of the numerous tips presented here, your time was well spent."

– Brad Boyson

Co-founder, HR Learn In; Former Executive Director, SHRM Dubai.

"Deep practitioner experience and real-world industry knowledge, Rehan Khan delivers valuable business insights."

– Dr. Amanda Nimmon-Peters

Business School Professor, Research Fellow, Corporate Speaker

About the Author:

Rehan Khan is a thought leader who has held senior management positions across a number of industries. Having worked in the field of digital communication since the early 1990s, Rehan has charted the impact of technology on workers. He holds a master's degree in applied social and market research, as well as an MBA in strategy. He is a feature writer for Gulf Business and has previously written for The National.

He has authored a number of novels, including the Carnegie-nominated A Tudor Turk.

About Passionpreneur Publishing:

An indie publisher, [Passionpreneur Publishing](#) successfully helps entrepreneurs and professional experts become International Authors in as little as 90 days.

[Passionpreneur Publishing](#) specialises in transformational books including business, self-help, personal

growth, and spiritual titles in order to help authors share their messages and gain credibility in their chosen fields.

[Passionpreneur Publishing](#) boasts an all-star board of advisors from across the globe covering a wide spectrum of expertise around the books, publishing, and media industry to ensure the application of global best-practice in every service offered and providing a worldwide network of some of the world's top thought leaders.



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