

Does Multitasking Lead To A More Productive Brain?

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Multitasking is a trademark of modern office work, but is it really more productive? Research suggests the brain is actually more efficient when focusing on one task at a time. Ira Flatow and guests discuss the benefits and drawbacks of multitasking, and ways to limit distractions.

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<http://www.mdtmag.com/podcasts/2010/06/does-multitasking-lead-more-productive-brain>