Digital technologies threaten our cognitive process. Your Argument Essay will engage at least 2 of the following readings: "The Fallacy of Multitasking" "Screen Reading Can Wreck Your Attention" "What it Takes to Put Your Phone Away" "Mindfulness at Work" "It's Great to Be 'In the Zone" Based on your reading of these texts, as well as your own experiences, why do you think technology has caused so many distractions in our lives? More importantly, what do you think are the solutions to this problem of digital distraction? You will present a specific 2-3-prong thesis that answers these questions and outlines your main points in support of your argument. You will organize your paper using a problem-thesis-support structure. That is, in the introduction you will introduce the problem and your thesis. Each main body paragraph will present a main point. Each main point will be supported with evidence from the readings and/or your specific personal experiences or observations.