This week’s essay focuses on an essential current social issue: the hidden dangers of multitasking. The essay’s main claim is that multitasking is actually worse for productivity and creativity than focusing on a single task. The author supports this claim with several examples, including a study showing that participants who engaged in multitasking were less able to recall details from a recent conversation. The essay concludes by suggesting that we should refocus on the importance of deep work and attention, rather than constantly switching between tasks.