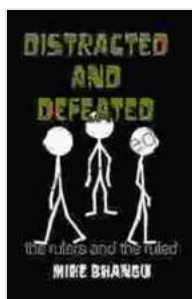


Distracted and Defeated: The Rulers and the Ruled

In a world of constant distractions, it's easy to lose sight of what's important. We become so engrossed in our devices and our own little worlds that we forget to connect with the people around us and to make a difference in the world.



Distracted and Defeated: the rulers and the ruled

by Mike Bhangu

★★★★☆ 4.8 out of 5

Language : English

File size : 2754 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 336 pages

Screen Reader : Supported



This is especially true for those in power. When leaders are distracted by their own personal agendas, they can't focus on the needs of their people. And when people are distracted by their own personal problems, they can't hold their leaders accountable.

This is a recipe for disaster.

The Distracted Rulers

In the past, leaders were often distracted by wars, famines, and other crises. Today, they're more likely to be distracted by the 24-hour news cycle, social media, and their own personal ambitions.

The 24-hour news cycle makes it impossible for leaders to focus on any one issue for very long. They're constantly being bombarded with new information, and they have to be able to react quickly to changing events. This can make it difficult for them to develop long-term plans and to make decisions that are in the best interests of their people.

Social media is another major distraction for leaders. They're constantly being tempted to check their phones and to see what's happening on the internet. This can make it difficult for them to stay focused on the task at hand and to make sound decisions.

Finally, leaders are often distracted by their own personal ambitions. They may be more interested in winning the next election than in serving their people. This can lead them to make decisions that are not in the best interests of the country.

The Defeated Ruled

When leaders are distracted, it's the people who suffer. They may not be able to get the services they need, or they may not be able to hold their leaders accountable. This can lead to a decline in trust and confidence in government.

In addition, when people are distracted by their own personal problems, they're less likely to participate in the political process. They may not vote,

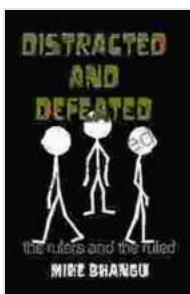
or they may not run for office. This can make it difficult to get good people into government and to hold those in power accountable.

The Way Forward

So what can we do to address this problem? Here are a few suggestions:

- **Leaders need to be more mindful of the distractions around them.** They need to set limits on their use of technology and social media, and they need to make time for reflection and contemplation.
- **People need to be more engaged in the political process.** They need to vote, run for office, and hold their leaders accountable. They also need to be more informed about the issues and to be willing to speak out against injustice.
- **We need to create a culture that values critical thinking and informed decision-making.** We need to teach our children how to think for themselves and how to make decisions based on evidence rather than emotion.

If we can do these things, we can create a more just and equitable world. We can create a world where leaders are focused on the needs of their people and where people are empowered to hold their leaders accountable.



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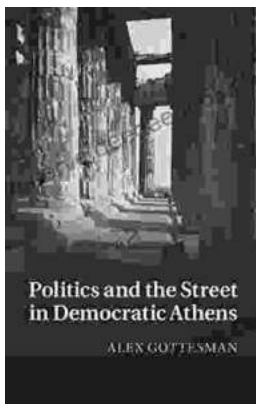
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