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## Spynga: the exercise for multitaskers

LEAH McLAREN

I love doing two things at once. While writing this column, I am simultaneously chatting on Facebook, eating an apple and doing physiotherapy exercises for my ankle. That's four things, I know, but you get my point. The weird thing is I don't even have the sense of multitasking. I feel perfectly focused and normal, as if doing fewer than four things at once would drive me to distraction.

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