

IT'S TIME FOR A NEW YOU!

A hand is holding a white tablet against a yellow background. The tablet screen is black and displays the title 'DIGITAL DETOX' in large, bold, white capital letters. Below the title, the subtitle 'RECLAIMING YOUR TIME AND MENTAL CLARITY' is written in smaller, bold, white capital letters. The hand is visible on the left and right sides of the tablet, with fingers gripping the edges. The background is a solid, bright yellow.

DIGITAL DETOX

**RECLAIMING YOUR TIME
AND MENTAL CLARITY**

MILES R. MATTHEWS

Where To Buy Digital Detox United States

Bernadette H. Schell



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Offline-Sein Hannah Kanz, 2025 Im letzten Jahrzehnt haben sich digitale Geräte und Anwendungen in immer mehr Lebensbereiche eingeschrieben Diese Entwicklung wurde von einem digitalen Unbehagen begleitet das sich als Kritik an Vernetzung digitalen Medien und ständiger Erreichbarkeit popkulturell und alltäglich niederschlägt Offline Camps laden zur Naturerfahrung ein Tastenhandys werden zum neuen Symbol der Einfachheit und Smartphones bieten vorinstallierte Einstellungen für das digitale Wohlbefinden In der ethnographischen Studie untersucht Hannah Kanz soziotechnische Imaginäre und Praktiken die Entnetzung als einen qualitativ anderen Zustand hervorbringen Dafür arbeitet sie die Konstruktion von Offline Rhythmen heraus analysiert technische Objekt-potentiale und neu entstehende Alltagsrhythmen Am Ende ist Entnetzung mit der grundlegenden Frage danach verbunden wie Menschen in Beziehung treten wollen mit sich selbst und mit ihren technischen und soziomateriellen Umwelten Hannah Kanz ist Empirische Kulturwissenschaftlerin und interessiert sich für die Techniken und Praktiken die gegenwärtige Alltage ausmachen Sie studierte Europäische Ethnologie und Geschichte an der Universität Innsbruck und der Queen's University Belfast Von 2020 bis 2025 war sie als wissenschaftliche Mitarbeiterin am Institut für Empirische Kulturwissenschaft der Universität Freiburg tätig

Business Drivers in Promoting Digital Detoxification Grima, Simon, Chaudhary, Shilpa, Sood, Kiran, Kumar, Sanjeev, 2024-01-10 The rapid progression of the digital age has brought both benefits and drawbacks While the convenience of constant connectivity and digital devices is undeniable the increasing screen time poses health and well-being challenges With a significant portion of the global population now regularly using the internet concerns about issues like digital addiction shorter attention spans and lifestyle diseases have become urgent matters Addressing these challenges and charting a sustainable path forward is imperative Business Drivers in Promoting Digital Detoxification delves into contemporary initiatives across various industries that advocate for digital detox This book showcases opportunities within this transformative trend spanning from health and tourism to unexpected sectors It not only highlights the necessity of digital detox for health but also reveals its potential as a gateway to innovative business ventures Catering to academics researchers students and professionals this book serves as a guiding beacon in the complexities of the digital era It not only clarifies the motivations behind the digital detox movement but also explores its implications More than just insights this book offers a roadmap to shape a healthier and sustainable future in our digitally connected world Engage in this pivotal conversation explore its pages and gain the knowledge to drive meaningful change for yourself your organization and society as a whole

Digital Detox Bernadette H. Schell, 2022-03-22 This book discusses the dangers of too much technology use explores the benefits of digital detoxing and outlines the different programs and approaches available to help you unplug It is an invaluable resource for readers looking to establish a healthier relationship with the digital world Health professionals and the general public are becoming increasingly aware that addiction to the internet social media online games and other forms of technology has become a real problem with

significant negative impacts on physical psychological and social health To combat this issue some are now undertaking a digital detox and many options have emerged to help individuals unplug whether for a weekend or for longer term change

Digital Detox Why Taking a Break from Technology Can Improve Your Well Being explores both the dark side of technology s ever present existence in today s world and what individuals can do to find better balance in their digital lives Part I explores addiction to the internet and other novel technologies What effect does overindulgence in social media gaming online shopping or even doomscrolling through internet news sites have on our self esteem relationships with others and happiness This section also explores how researchers study and quantify technology addiction Part II focuses on the digital detox countermovement examining how various programs support groups retreats and even technology itself can help individuals conquer their digital addictions

Healthy Technology Use Bernadette H. Schell,2024-07-11 In a world where people have 24 7 access to the Internet social media and other digital technologies developing healthy habits around how we interact with our screens can have an enormous impact on our physical mental and social well being Part of the Q A Health Guides series this book offers a broad introduction to healthy technology use a topic of utmost importance in our always connected world The book s questions cover the potential negative impacts of technology overuse and addiction on mental and emotional health physical well being and our relationships with others Questions also address concerns such as digital information privacy identity theft piracy and the dangers of misinformation circulated online Finally the book includes questions covering how to best address technology overuse and addiction including mindfulness strategies digital detoxes and therapy Augmenting the main text a collection of 5 case studies illustrate key concepts and issues through relatable stories and insightful recommendations The Common Misconceptions section at the beginning of the volume dispels 5 long standing and potentially dangerous myths about healthy technology use directing readers to additional information in the text The glossary defines terms that may be unfamiliar to readers while the directory of resources curates a list of the most useful books websites and other materials Finally whether they re looking for more information about this subject or any other health related topic readers can turn to the Guide to Health Literacy section for practical tools and strategies for finding evaluating and using credible sources of health information both on and off the Internet

Undoing Networks Tero Karppi,Urs Stäheli,Clara Wieghorst,Lea Zierott,2021-05-18 Exploring and conceptualizing practices technologies and politics of disconnecting How do we think beyond the dominant images and imaginaries of connectivity Undoing Networks enables a different connectivity digital detox is a luxury for stressed urbanites wishing to lead a mindful life Self help books advocate digital minimalism to recover authentic experiences of the offline Artists envision a world without the internet Activists mobilize against the expansion of the 5G network If connectivity brought us virtual communities information superhighways and participatory culture disconnection comes with privacy tools Faraday shields and figures of the shy This book explores nonusage and the right to disconnect from work and from the excessive demands of digital capitalism

Tourism and

Hospitality Management - A Modern Fusion of Sectors Anukrati Sharma, Shruti Arora, Santus Kumar Deb, 2025-10-10
 Tourism and Hospitality Management A Modern Fusion of Sectors assess the evolving landscape of global tourism highlighting how tradition and innovation intersect to shape new forms of travel and hospitality Through interdisciplinary perspectives this collection explores emerging trends such as digital detox tourism virtual reality in guest experiences robotic technologies in kitchens and the growth of e tourism across regions like India Sri Lanka Bangladesh and Turkey The book investigates both the technological and cultural transformations driving the sector while also addressing post pandemic shifts in traveler behavior sustainability concerns and the importance of community based tourism models Strategic frameworks like the e Tourism Value Chain Model e TVCM are presented to help bridge theory and practice Key features Integrates perspectives from sociology tech marketing and cultural studies Highlights sustainable mindful and community based travel models Analyzes next normal tourism behaviors and ethical concerns Presents strategic tools and models for industry application

ICT as Innovator Between Tourism and Culture Ramos, Célia M.Q., Quinteiro, Silvia, Gonçalves, Alexandra R., 2021-11-05 Lately tourists consider their mobile devices as essential accessories for the realization of their trip before during and after the visit Such devices allow them to consult information about points of interest services or products in real time Thus mobile devices have come to be considered as tools to support decision making regarding the realization of trips In the digital environment tourists seek complementary information to consolidate knowledge about the destination heritage culture customs and traditions that make the visited place unique Simultaneously they transform tourist experiences into a memory associated with travel contribute to the sustainability of local populations reduce inequalities and cooperate to improve the quality of life of all involved ICT as Innovator Between Tourism and Culture differs from others on the same areas because it aims to place the emphasis on and increase the bridge of knowledge between information communications technology ICT tourism and culture considering ICT as the main driver that creates the development environment and enhances the tourist experience in general In particular it is linked to cultural heritage making it a more sustainable and intelligent tourist destination taking into account the well being of the local population and visitors Covering topics such as destination image religious tourism and innovation dynamics this book is an essential resource for IT consultants hotel managers marketers travel agencies tour operators tourism researchers professors students practitioners within the tourism industry and academicians

International Encyclopedia of Business Management , 2025-09-01 The Encyclopedia of Business Management Four Volume Set is a comprehensive resource that covers over 200 topics across various areas of business management Each entry is written in an accessible manner making complex concepts easy to understand The encyclopedia addresses interdisciplinary subjects such as cultural entrepreneurship tourism innovation and marketing promotions By emphasizing definitions and practical applications the entries help readers grasp the relevance of each topic Expert editors lead each section ensuring that the contributions are authoritative and well rounded The encyclopedia is

divided into seven broad themes including business entrepreneurship human resource management innovation management international business organizational behavior project management supply chain management and sport and tourism management Each section s articles begin with a technical analysis of key definitional issues followed by an exploration of the topic s broader context This structured approach provides a holistic examination of the subjects allowing readers to gain a comprehensive understanding of vital business management concepts Provides a comprehensive overview of the main business management topics Focuses specifically on business management from a range of perspectives Includes new and emerging business management topics Presents an interdisciplinary focus in terms of business management practices Features templates across all chapters for ease of navigation and use

Life Mode On Joanne Orlando,2021-06-02 Life Mode On is a revolutionary approach to living a better life with technology and our personal devices from digital lifestyle expert Dr Joanne Orlando These are no quick fixes these are real practical solutions for long term fulfilment in our increasingly digital world If you somehow find yourself sending emails from the dinner table staying up late to online shop while binge watching another series waking up during the night to scroll social media and always pressing ignore on your screen time app you are not alone Technology is no longer something we simply possess or use it s part of who we are And that is not something that we necessarily can or want to change But our transition into living with computers smartphones and other devices has been fast messy and unplanned The exact technology that can make us smarter happier more organised and more connected is instead causing us stress and distraction and highly competent people are struggling to feel in control Dr Jo helps people all over the world to understand their technology use and make it better From showing how we can better set up our devices like we d set up our kitchens to revealing the dark patterns that websites use to keep us clicking Dr Jo helps us to understand and reset our digital habits whether they be in our homes workplaces or relationships Life Mode On is just not a technology book it s a life book

Wiley's Remediation Technologies Handbook Jay H. Lehr,2004-06-07 Lehr senior scientist AR Environmental Services Inc lists 901 technological solutions to chemical contaminant problems Entries present a summary of the technology technical and cost performance reports shortened reference information see below and vendor information An opening index lists every conceivable chemical of concern and steers readers to relevant technologies described in the rest of the text A further section categorizes the references according to their relevance to total costs technology costs general studies or technology descriptions The CD ROM contains the complete bibliographic citations for the references Annotation 2004 Book News Inc Portland OR booknews com

Wasting Time on the Internet Kenneth Goldsmith,2016-08-23 Using clear readable prose conceptual artist and poet Kenneth Goldsmith s manifesto shows how our time on the internet is not really wasted but is quite productive and creative as he puts the experience in its proper theoretical and philosophical context Kenneth Goldsmith wants you to rethink the internet Many people feel guilty after spending hours watching cat videos or clicking link after link after link But Goldsmith

sees that wasted time differently Unlike old media the internet demands active engagement and it's actually making us more social more creative even more productive When Goldsmith a renowned conceptual artist and poet introduced a class at the University of Pennsylvania called Wasting Time on the Internet he nearly broke the internet The New Yorker the Atlantic the Washington Post Slate Vice Time CNN the Telegraph and many more ran articles expressing their shock dismay and ultimately their curiosity Goldsmith's ideas struck a nerve because they are brilliantly subversive and endlessly shareable In Wasting Time on the Internet Goldsmith expands upon his provocative insights contending that our digital lives are remaking human experience When we're wasting time we're actually creating a culture of collaboration We're reading and writing more and quite differently And we're turning concepts of authority and authenticity upside down The internet puts us in a state between deep focus and subconscious flow a state that Goldsmith argues is ideal for creativity Where that creativity takes us will be one of the stories of the twenty first century Wide ranging counterintuitive engrossing unpredictable like the internet itself Wasting Time on the Internet is the manifesto you didn't know you needed

Bring Your Human to Work: 10 Surefire Ways to Design a Workplace That Is Good for People, Great for Business, and Just Might Change the World Erica Keswin, 2018-09-28 WALL STREET JOURNAL BESTSELLER The secret to business success Get REAL and be HUMAN As human beings we are built to connect and form relationships So it should be no surprise that relationships must also translate into the workplace where we spend most of our time Companies that recognize this will retain the most productive creative and loyal employees and invariably seize the competitive edge The most successful leaders are those who actively form quality relationships with their employees who honor fundamental human qualities authenticity openness and basic politeness and apply them day in and day out Paying attention and genuinely caring about the effects people have on one another other is key to developing a winning culture where people perform at the top of their game and want to work As a workplace strategist and business coach Erica Keswin has spent over 20 years working with top business leaders and executives to build successful organizations that honor relationships Featuring case studies from top brands such as Lyft Starbucks Mogul and SoulCycle to name a few Bring Your Human to Work distills the key practices of the most human companies into applicable advice that any business leader can use to build a human workplace These building blocks include Understanding your company's role in the world beyond financial profit Encouraging employees to be healthy in body and spirit Running your meetings with clear purpose Making space for face to face interaction Building professional development into company culture Inspiring your workforce to give back to the community Simply saying thank you A human company is real genuine aligned and true to itself A real company flaunts its humanity instead of hiding it It's what the most successful sustainable companies are doing today and there's no reason yours can't be the same Keswin's leadership lessons foster fairness devotion and joy in the workplace all critical elements of a successful business By bringing your human to work you can design a workplace that is good for people great for business and just might change the world

Wild Cities:

Discovering New Ways of Living in the Modern Urban Jungle Chris Fitch, 2025-04-10 Mind shifting heart lifting
 ISABELLA TREE Inspiring and essential ALASTAIR HUMPHREYS As entertaining as it is enlightening INDEPENDENT
The Biotechnology Directory, 1996 J. Coombs, Y. R. Alston, 1995 F&S Index United States Annual, 1999 *The Washington Post Index*, 2009 **1996 Governor's Awards for Environmental Excellence** Pennsylvania. Office of Pollution Prevention and Compliance Assistance, 1996 **Solar Detoxification** Julián Blanco Gálvez, Sixto Malato Rodríguez, 2003 Solar detoxification an innovative process of water treatment using solar technology is ready for practical application after a decade of research and development This is of great significance as 70 per cent of the world's population currently lives within the sun belt where sustainable solar technologies are feasible a proportion due to increase in the future Divided into two parts the first part addresses the theory and fundamentals of water decontamination using solar energy This prepares the reader for the second part of the book which addresses practical applications and engineering processes Although the book targets university students and post graduates it can also be read by any professional or technician as all subjects are treated in depth with scientific rigor but are also attractively presented with a profusion of pictures and graphics No specific previous knowledge is necessary **Energy Research Abstracts**, 1995 Semiannual with semiannual and annual indexes References to all scientific and technical literature coming from DOE its laboratories energy centers and contractors Includes all works deriving from DOE other related government sponsored information and foreign nonnuclear information Arranged under 39 categories e g Biomedical sciences basic studies Biomedical sciences applied studies Health and safety and Fusion energy Entry gives bibliographical information and abstract Corporate author subject report number indexes **The Burnout Fix: Overcome Overwhelm, Beat Busy, and Sustain Success in the New World of Work** Jacinta M. Jiménez, 2021-03-09 Winner of getAbstract's Readers Choice Award 2021 Named a Best Book on Burnout Recovery for 2022 by Choosing Therapy Featured on Business Insider as a top book to help you overcome burnout An evidence based resilience toolkit to help you find better more sustainable ways to succeed at work and life In *The Burnout Fix* the award winning psychologist and board certified leadership coach Dr Jacinta M Jim nez shows you how to harness science backed resilience strategies to survive and thrive in today's always on always connected world where a reported 60% of employees report being stressed out all or most of the time at work Packed with compelling real world stories from years of coaching and the latest research in positive social and motivational psychology *The Burnout Fix* shows how neglecting to nurture your personal pulse can undermine all your efforts at working harder and smarter You'll learn how integrate healthy personal PULSE practices into all aspects of your life from pacing for performance and leveraging leisure time to securing a support system and evaluating how to regain control of your time and priorities Whether you are an individual who wishes to build out a set of lasting resilience capabilities a leader dedicated to keeping your team or organization engaged and flourishing *The Burnout Fix* will reshape the way you think about success while giving you and your people the tools and strategies you

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