

7 DAY DIGITAL DETOX PLAN

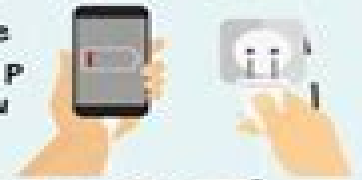


DAY 1

Disable notification
from Social media

DAY 2

Charge phone outside
of your bedroom. Keep
phone away from you
when not in use.



DAY 3

Avoid using electronics in
your morning routine



DAY 4

Remove apps from phone,
use computer when needed



DAY 5

Spend evening with family
and friends without gadgets



DAY 6

Spend a no-gadget
day outdoors



DAY 7

Turn off electronics 2 hours
before bedtime



Digital Detox Workout Plan Nyc

David Kirk



Digital Detox Workout Plan Nyc:

Thriving in a Digital World Christina Avallone,2021-03-01 In this book you will gain valuable insight into how to balance technology with everyday living You will be reminded that you not only can take the reins back but that you have a God given mandate to do so You will be armed not only with the statistics but also the tools to keep your child from becoming yet another statistic This is a message of hope that we can thrive in the digital world we live in **Quit Alcohol (for a month)** Helen Foster,2017-08-03 Start the year fresh and sober this dry January and reset your drinking habits in 28 days Tired of hangovers and splitting headaches Want to save the cash you spend on cocktails With over 3 million adults taking part in Dry January in 2017 not to mention Dryathlon Stoptober or plain old giving up the booze for Lent more and more people are attempting a dry spell every year But how do you actually give up booze for more than a few days without falling off the wagon The health benefits are obvious and if it was easy to quit we might all be teetotallers The truth is there are a lot of people who have trouble admitting how hard cutting out alcohol is and definitely need help to ease the transition It s not about willpower alone it s about changing habits and being ready for the multiple challenges that lie ahead Quit Alcohol For a Month gives you an effective 360 degree approach to getting the most out of your dry spell with all the emotional psychological and practical support you need in a handy digestible guidebook format New York ,2007 New York Magazine ,1996-11-04 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *Grants for Higher Education* ,1982 *Vegetarian Times* ,1996-03 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both Federal Register ,2000-02-25 **Case Management Resource Guide** ,1997 *National Library of Medicine Audiovisuals Catalog* National Library of Medicine (U.S.), **Directory of Law Enforcement and Criminal Justice Associations and Research Centers** Sharon Lyles,1997-11 A directory of organizations that are active in one or more areas of the criminal justice system including law enforcement courts corrections rehabilitation Lists national organizations primarily but also includes regional organizations local organizations of special interest as well as international organizations which have a significant number of American members a U S chapter or subcommittee or are doing work applicable to law enforcement in this country Includes professional volunteer social action associations research centers government agencies Strictly social or fraternal organizations are not listed Comprehensive *The New York Times Index* ,2007 *Directory of*

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Federal Staff Directory 2009/Winter Penny Perry, 2008-12-04 Executive Office of the President Pinpoint senior officials and top aides working directly with the U S President and Vice President using the most well researched information available Executive branch department listings from Agriculture to Veterans Affairs Telephone and departmental fax numbers Hundreds of e mail and web sites Staff with biographies and presidential appointees are noted with symbols Cabinet Departments In one place find all the information you need to locate high ranking policy makers their deputies bureau chiefs and division heads Executive branch department listings from Agriculture to Veterans Affairs Authority and responsibility for departments and major agencies Staff names titles addresses and phone numbers Departmental fax e mail and web addresses Staff with biographies and presidential appointees are noted with symbols Includes regional offices with staff Independent and Quasi Official Agencies Connect with top level officials at agencies ranging from the American Red Cross to the Environmental Protection Agency Agency listings authority and responsibility Staff names titles addresses and phone numbers Agency fax e mail and web addresses Staff with biographies and presidential appointees are noted with symbols Biographies Find essential background information on those managing the daily workings of the Executive Branch with More than 2 600 biographies of federal executives and staff Indexes Multiple indexes make finding the information you need quick and easy Search by Office locator page preceding each department listing Extensive subject keyword index Individual name index with telephone and page reference Web access is available for single or multiple users For more information contact directorysales@cqpress.com

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