



Digital Detox Affordable

S Ashworth



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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

Navigating Brand Activism Jag Sheth, Can Usley, 2025-07-29 In a world where brands are no longer just selling but also taking a stand *Navigating Brand Activism* written by leading thinkers of the marketing world is your guide to the fascinating messy and at times head shaking world of brand activism This groundbreaking book delves into the motivations behind this movement dissects potential pitfalls and celebrates triumphs This book is for anyone who wants to understand Why some purpose driven brands are winning hearts minds and market share How to differentiate your brand in a crowded marketplace through activism How to spot authentic activism from mere marketing ploys The future of brand activism and its potential to create a better world The potential downsides of brand activism including political backlash consumer boycotts and brand dilution Most importantly when and when not to engage in brand activism Whether you re a business leader a conscious consumer or simply curious about this evolving landscape this book will challenge inspire and empower you to navigate the world of woke washing and genuine advocacy

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 s 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

Corporate Governance for Climate Transition Carolina Machado,João Paulo Davim,2023-04-01 This book is a focussed and up to date review about the key challenges trends implications strategies and ways of overcoming that dynamic and competitive organizations are facing now and increasingly in future by climate change The book creates a better understanding of the impacts that climate transition will have on organizations and how they are responding to find opportunities while overcoming the risks What corporate governance models can and are organizations developing What climate transition strategies are organizations creating Who should be involved in the decision making processes To what extent are principles of transparency equity participation inclusion effectiveness and efficiency present in corporate governance for climate transitions These and other issues are just a few of the challenges that organizations by the climate change transition International experts from a wide range of disciplines and perspectives have been invited to contribute to this book in order for providing a comprehensive and informed perspective for researchers corporate leaders and students of business and management as well as environmental studies

Special Interest Trends for Sustainable Tourism Wongmahesak, Kittisak,Suanpang, Pannee,2024-07-26 The rapid changes in many dimensions that have occurred in the past decade have resulted in many changes in people s conditions and lifestyles The role of technology in facilitating the fastest pace of development in human history remains a major theme of our time especially as humanity recovers from the most severe pandemic of the century As tourism recuperates after the COVID 19 pandemic a growing number of travelers are showing interest in special interest tourism seeking unique and tailored travel experiences It is essential that this resurgence prioritizes sustainability leveraging technological advancements to create eco friendly travel options support local communities and minimize environmental impacts Special Interest Trends for Sustainable Tourism offers solutions for sustainable tourist practices strategies and developments It provides the most up to date information and views regarding the state and special interest trends of the tourism sector in all its dimensions This book covers topics such as sustainability ecotourism and volunteering and is a useful resource for business owners travel agencies hospitality and tourism professionals academicians and researchers

Youth Report - Global Education Monitoring Report Global Education Monitoring Report Team,Restless Development,UNESCO,2024-09-05

Unplugged Time Ava Walker,AI,2025-03-04 Unplugged Time tackles the challenge of constant digital engagement in modern life offering a practical guide to reclaiming

mental space and improving well being through intentional disconnection The book explores the science backed benefits of digital detox such as improved focus and enhanced emotional resilience illustrating how strategic offline time can boost cognitive function Readers will discover techniques for cultivating mindfulness managing digital distractions and structuring their days to include periods free from technology The book progresses by first introducing digital minimalism and intentional living setting the stage for understanding the value of unplugging It then delves into practical strategies for creating and maintaining offline time blocks addressing common challenges along the way Finally it examines the long term benefits of regular digital detox emphasizing sustainable habits and meaningful connections A unique aspect is its focus on personalized digital detox strategies encouraging readers to experiment and find what works best for them rather than offering a one size fits all solution

Look Up Sonali Acharjee,2016-05-01 Is a text the same as a hug Can trolling be a full time career Is FOMO turning out to be a real psychological threat Indian millennials have not only embraced the virtual space and all its extensions but are also living the fake reality We now have the ability to reinvent ourselves online and keep our digital ego on fleek flirting preening posting and filtering our way to a perfect profile Social media has led to trading our offline family for virtual ones relationships for app based affairs and birthday greetings for emojis This constant interaction with the screen is taking a massive toll on our daily lives Young adults are risking their lives for the perfect selfie troll wars and cyber stalkers are driving people to depression cyber porn for small town religious teens is dangerously becoming an addiction So where do we draw the line How much is too much Are parental controls and restrictions effective In this book the author through a series of real conversations breaks down the digital revolution of India and seeks to understand why we ve turned into a society of hashtags tweets shares and likes

Fifty Places to Practice Yoga Before You Die Chris Santella,Diana Helmuth,2021-11-23 The author of the bestselling Fifty Places series returns with a collection of the most meditative and relaxing locales for every type of yoga practice Fifty Places to Practice Yoga Before You Die is the seventeenth entry in Chris Santella s bestselling Fifty Places series The book shares yogis recommendations for the best and most beautiful places to do yoga as well as tips for how to plan the trip It covers a variety of venues around the world that cater to many different classes and styles of yoga including Anusara Ashtanga Bikram hot yoga Iyengar Restorative and Vinyasa The following breathtaking diverse locales are explored throughout Haines Alaska Lake Louise Alberta Antarctic Peninsula Antarctica Sedona Arizona Melbourne Australia Uluru Australia Austria St Anton Nassau Bahamas Paro Bhutan Welgevonden Game Reserve Tuli Reserve Botswana Salt Spring Island British Columbia Joshua Tree California Los Angeles California Ojai California San Francisco California Watsonville California Siem Reap Cambodia Torres Del Paine Chile Denver Colorado Nosara Costa Rica Malta Europe Islamorada Florida Lake Atilan Guatemala Kapaaau Hawaii Maui Hawaii Goa India Mysore Mysuru India Pune India Rishikesh India Bali Indonesia Val de Chio Italy Boston Massachusetts Stockbridge Massachusetts Tulum Mexico Helena Montana Taghazout Morocco Bagan Myanmar Pokhara Nepal Glenorchy New Zealand Popoyo

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Engineering & Engineering Technology Colleges* ,1997 *Spa Business* ,2009 *Digital Detox Retreats* Dr Elise
Warren,2025-06-13 Are you feeling overwhelmed scattered or constantly distracted by the digital noise of modern life In a
world where screen time is skyrocketing and our attention spans are shrinking Digital Detox Retreats offers a timely and
transformative path back to clarity calm and connection This powerful guidebook by wellness expert Dr Elise Warren shows
you how unplugging even briefly can profoundly reset your mind body and soul Through immersive storytelling neuroscience
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product comparisons confidently because all information contained in both volumes has been fully verified by the Data
Verification Group **DIGITAL DETOX MASTERY - TAKE BACK CONTROL FROM TECHNOLOGY OVERLOAD**

JORDAN E. MATTHEWS, Have you ever felt overwhelmed by constant notifications and endless screen time Are you
struggling to maintain productivity in the face of digital distractions Do you want to improve your mental health by reducing
your dependence on technology This book provides a comprehensive guide to reclaiming your life from the clutches of

technology overload With practical advice and proven strategies the author helps you navigate the path to a healthier more balanced relationship with digital devices Key Points Effective Screen Time Reduction Techniques to minimize unnecessary screen time and create healthier digital habits Boosted Productivity Methods to eliminate digital distractions and enhance your focus and efficiency Mental Health Improvement Tips on how to reduce technology induced stress and anxiety for better mental well being Balanced Lifestyle Approaches to integrate technology use with offline activities promoting a more fulfilling and balanced life Practical Exercises Activities and reflections designed to help you implement digital detox strategies and see tangible improvements Imagine a life where you are in control of your technology use leading to increased productivity and improved mental health With this book you ll discover the tools needed to break free from digital dependency and revitalize your life Through actionable advice and real life examples the author guides you towards mastering a digital detox and achieving lasting balance Your journey to taking back control from technology starts here

New Age Journal ,1994

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