

DIGITAL DETOX *how to do*



*choose a special day,
log out of social networks,
put your phone offline*



*inform family, employees
that you have a detox
day and you are not in
touch*

*go for a morning run,
in the forest, or on the
street, enjoy nature,
birdsong*

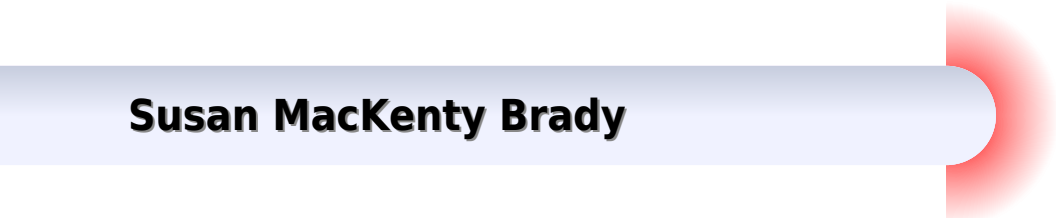


*cook your favorite food,
do what you love,
analyze your insights
at the end of the day*



Digital Detox For Women Near Me

Susan MacKenty Brady



Digital Detox For Women Near Me:

Infobesity Andy Gabruch, 2024-12-12 Have you ever experienced infobesity online Have you ever been bombarded with fake information or disinformation that has distracted you from your work key relationships school or faith Well we all have Whether you are a stay at home parent a student a teacher a construction worker a pastor or anyone who has a social media account you have experienced some form of infobesity For followers of Jesus this book aims to explore why infobesity occurs respond with practical ways to understand personal digital practices and habits and indicate how to redeem digital spaces

Happy healthy and zen in Paris Tania Del Rio Albrechtsen, 2017-04-27 Happy Healthy Zen in Paris is an easy to follow book filled with ideas inspiration and resources for your daily life In this book you will find Practical tools to help you get settled in your new city How to develop a routine that makes you feel happy and alive A food experiment that will help you to improve your diet Simple strategies for coping with intense emotions and relaxing your body and mind Your Happy 3 Minutes an efficient way to build healthier habits What you learn about yourself and your well being while you are in Paris will stay with you for a lifetime EXCERPT The lessons that you learn while you are in Paris will stay with you forever no matter where you go next I encourage you to think of Paris as your playground filled with opportunities to feel happy and alive Create moments to connect to the city to appreciate its beautiful architecture rich culture impressive gardens and delicious food Challenges sometimes arise when we least expect them This guide will be your companion for those moments when life gets intense when you need extra inspiration or when you are feeling stuck With this book you are giving yourself an opportunity to re center to remind yourself of your own goals and priorities One of the most important journeys that you will undertake during your stay in the City of Lights is that of self understanding and awareness Consider Happy Healthy Zen as the first step one that will give you tools and resources to carry on and add value to your life both during and beyond your time in Paris ABOUT THE AUTHOR Tania Del Rio Albrechtsen PhD is passionate about helping others learn how to make healthier lifestyle choices to reduce stress increase energy productivity and well being Based in Paris she is a published author certified yoga teacher and integrative nutrition health coach In 2012 she founded Happy Healthy and Zen and continuously offers wellness workshops and health programs that support families professionals and students living in Paris Tania is the co author of Go ter a healthier twist on snack time a collection of easy to make recipes that taste great and make you feel good

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

Mastering Your Inner Critic and 7 Other High Hurdles to Advancement: How the Best Women Leaders Practice Self-Awareness to Change What Really Matters Susan MacKenty Brady,2018-11-23 IT S TIME TO STOP QUESTIONING YOURSELF AND START TAKING CONTROL OF YOUR SUCCESSHow many times did your inner critic pop up and talk you down today Or tell you someone else wasn t good enough Is your inner critic running rampant thwarting your advancement as a leader You may have never called your inner critic out or confronted its harsh ramblings until now but it s time Mastering Your Inner Critic offers first hand hard won advice for scaling the hurdles that prevent you from controlling that little voice It s time to counter those nagging questions that torment you with positive solutions that empower you DO I KNOW WHAT I WANT Learn how to conquer self doubt and clarify your goals Be honest and true to yourself CAN I DO THIS Yes you can This book shows you how to build your confidence from the inside out HOW DO I ASK FOR WHAT I WANT Master the secret to expressing your needs WHY CAN T I DO IT ALL Stop doing too much to prove yourself and start equipping and empowering others WHO HAS THE TIME Rely on your relationships and networks to get the support you need to tackle anything Filled with inspiring anecdotes from accomplished women at various stages in their careers as well as proven strategies any woman can use in the workplace this unique and self motivating guide helps you confront your inner critic face your hurdles head on and achieve the goals that really matter to you

Christmas With His Ballerina (A Five-Star Family Reunion, Book 3) (Mills & Boon True Love) Jessica Gilmore,2022-11-10 It s never too late to find forever

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 **The Foundation: will always welcome you** Melinda Salisbury,2025-01-02

Bestselling YA author Melinda Salisbury exposes the dark underbelly of new technologies in this gripping thriller

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House of Commons Canada. Parliament. House of Commons,2001-04-02 **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 *A View*

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