

10 SIMPLE STEPS FOR DOING A TECHNOLOGY DETOX



1

TURN OFF PUSH NOTIFICATIONS

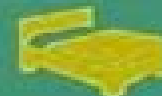
No more constant dinging



6

DON'T CHARGE DEVICES IN THE BEDROOM

Fall asleep the old-fashioned way



2

BUY AN ACTUAL ALARM CLOCK

Your phone needs a breather



7

WEAR A WATCH ...AND USE IT

More than an accessory



3

UTILIZE AIRPLANE MODE

During workouts or while eating meals



8

LIVE IN THE MOMENT PHONE-FREE

Keep eye-contact during conversations



4

PLAN DISTRACTING ACTIVITIES

Taking walks, Cooking, etc.



9

LIMIT YOUR TIME ON SOCIAL MEDIA

The hours slip away quickly



5

FLEX YOUR CREATIVE MUSCLES OFF-SCREEN

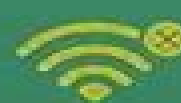
Buy an adult coloring book, seriously



10

TRY GOING AN ENTIRE DAY DISCONNECTED

Trust us, you'll be thankful you did



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ML Yell



Digital Detox Under 50 America:

Robotic Technology, Artificial Intelligence and the 4IR Libraries Adeyinka Tella, Omwoyo Bosire Onyancha, 2025-10-14 This book addresses the challenges associated with information provided in the 4th Industrial Revolution 4IR and the attendant opportunities that arise for libraries and other information services Robotic technology and artificial intelligence are key developments in the information age with tremendous impact on the way information is processed and used by both information professionals and users including information service providers such as librarians Information professionals practitioners and users will find this book useful in their endeavor to use the emerging technologies to improve their operation and find and access specific information easily It describes what needs to be done by librarians to stay relevant and functional in the wake of change and addresses the necessary new skills needed by information professionals to be able to deliver effective services in the 4IR *Higher Education for Good* Laura Czerniewicz, Catherine Cronin, 2023-10-25 After decades of turbulence and acute crises in recent years how can we build a better future for Higher Education Thoughtfully edited by Laura Czerniewicz and Catherine Cronin this rich and diverse collection by academics and professionals from across 17 countries and many disciplines offers a variety of answers to this question It addresses the need to set new values for universities trapped today in narratives dominated by financial incentives and performance indicators and examines those wicked problems which need multiple solutions resolutions experiments and imaginaries This mix of new and well established voices provides hopeful new ways of thinking about Higher Education across a range of contexts and how to concretise initiatives to deal with local and global challenges In an unusual and refreshing way the contributors provide insights about resilience tactics and collective actions across different levels of higher education using an array of styles and formats including essays poetry and speculative fiction With its interdisciplinary appeal this book presents itself as a provocative and inspiring resource for universities students and scholars Higher Education for Good courageously offers critique hope and purpose for the practice and the trajectory of Higher Education Prescription for Happiness Robin Berzin, 2023-03-14 Berzin draws on cutting edge research and her work with thousands of patients to tell the complete story of how our bodies drive our minds mood and energy levels She explains how the new science will optimize the body in ways that will help anyone attain a new baseline for energy calm and optimism Treating common imbalances in the body is the only way to achieve what she calls a state change a transformation to higher levels of mental focus emotional stability and flow Her book includes a 30 day program for resetting the body mind and mood 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

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

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