

DIGITAL DETOK



Reviews Digital Detox 2025

Armelle Solelhac

Reviews Digital Detox 2025:

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.

What Does It Profit a Man?: For Those Who Seemed to Win, But Still Felt Lost - A Faith-Based Reflection on True Fulfillment Niel Elvira, Have you ever felt that quiet emptiness even when you have it all? You've reached the top. You've followed the script. You've gained what the world said would fulfill you. And yet when the applause fades, you're left with a hollow ache. No success can fill you. You lie awake at night, wondering if anyone truly sees the weight you carry. You give your best to everyone and everything, and still a restless whisper lingers inside. Is this all there is? *What Does It Profit a Man* is written for you. For the leader who feels the pressure of expectations pressing on your shoulders. For the caregiver who gives until there's nothing left to give and wonders if your sacrifices even matter. For the high achiever whose victories feel lonely, whose smiles hide the quiet despair of never feeling enough. For the one who chases fulfillment like it's just over the horizon, only to find it always moves further away. This is a soul-stirring exploration of what it really means to be fulfilled. With a blend of real-life stories, reflective research, and Christ-centered devotionals, Niel Elvira meets you in your exhaustion and your longing, and gently uncovers the hidden grief behind outward triumph, inviting you into a deeper, truer kind of wholeness. Each chapter unfolds in three layers: Story, Intimate portraits of successful figures who reached the heights but found themselves restless and searching; Reflective Insight, Honest research-informed reflections on the psychological and spiritual costs of performance, visibility, and disconnection in our modern age; and Devotional, A quiet return to the One who offers peace the world cannot give and identity the world cannot take. This is not a book of answers. It's a companion for your quiet, restless nights, your exhausted mornings, and those moments when you wonder if anyone sees the real you. It speaks to the

ache you carry alone naming it honoring it and offering it to the One who can fill it Whether you're weary from the chase or quietly grieving a life that should be enough this book is an invitation to pause reflect and rediscover what your soul was made for Because fulfillment isn't found in gaining the world It's found in never losing your soul **The Distraction Trap**

Frances Booth,2013-04-29 If you're worried that you're losing the power to concentrate The Distraction Trap can help Learn how you can easily release your life from the steely grip of modern technology where you're always available and always connected Discover how you can radically boost your productivity by keeping your whole brain and both eyes on the task in hand You may think you can do ten things at once with a scattered thinking approach and expect to do everything well and on time Well you can't The Distraction Trap will empower you to focus and prioritise switch off your email say no to social media ruling your life and help you rediscover your lost powers of concentration Your campaign to reclaim your life starts here and now **Routledge Handbook of Trends and Issues in Global Tourism Supply and Demand** Alastair M.

Morrison,Dimitrios Buhalis,2023-09-25 This Handbook provides a comprehensive overview of trends and issues in the global supply and demand on tourism With contributions from 70 authors this Handbook showcases a diverse range of perspectives with insights from around the globe It reviews the interactions among trends and issues and it emphasises the importance of tracking and interpreting these on a global scale The book is organized into three parts with Part I focusing on supply side trends including transport attractions culture heritage tourism technology policies and destination management Part II critically reviews the external factor trends including the impact of terrorism multi crisis destinations Generation Z's important contributions to the sector the regulation of sharing economy platforms and nature tourism in future Part III focuses on market led trends such as bleisure glamping VFR travel transformational tourism and new trends in wellness tourism following the post COVID era The book also provides predictions for the upcoming decades This Handbook will be a vital tool for researchers students and practitioners in the tourism and hospitality sector to further develop their knowledge and expertise in the field It examines business and policy implications offering guidance for developing sustainable competitive advantage **Mountain Resort Marketing and Management** Armelle Solelhac,2021-08-25 Mountain resort tourism is a competitive environment experiencing increasing growth in new markets such as China that require the knowledge and skills developed by mature markets This book provides these insights by offering a critical and up to date examination of the mountain industry This book covers branding management and revenue optimization in an industry where very heavy investments are requested and mature markets need to ensure they remain competitive Chapters include interviews with professionals and international experts on mature markets to shed light on the development and marketing strategies that make these resorts successful Major issues facing mountain resorts today are addressed including climate change sustainability COVID 19 the experience economy yield management and dynamic pricing policies and investment management Offering valuable knowledge on how to successfully market and manage ski resorts in an ever changing and

competitive environment this will be useful reading for upper level students researchers and current practitioners in winter sports destination development and management sport tourism and development studies *Conceptualizing Digital Responsibility for the Information Age* Daniel Beverungen, Christiane Lehrer, Matthias Trier, 2025-05-12 This book is the first volume of proceedings from the 18th International Conference on Wirtschaftsinformatik held in Paderborn Germany in 2023 In the context of the global trend toward digitalization it presents the results of innovative high quality research in the field of information systems and digital transformation The book covers a broad range of topics including digital innovation business analytics artificial intelligence and IT strategy each of which has and will continue to have significant impacts on companies individuals and societies alike *Digital Detox for Burned-Out Pros 5 Screen-Free Habits to Reclaim Focus in 2025* Luna Solis, 2025-10-01 Inside you'll discover a practical step by step framework designed for high achievers Learn to implement digital boundaries that stick cure your notification anxiety and rediscover the focus needed for deep work I was skeptical but this changed my routine overnight finally presented at my board meeting without that foggy brain feeling Alex R This guide delivers actionable strategies for creating tech free zones a sustainable low tech evening routine and a 2025 focused plan for ongoing digital wellness Take back control of your attention and energy Your journey from burned out to balanced starts now This AI assisted content meticulously human curated for authenticity and real world application provides the modern solution you need digital detox burnout recovery screen time management digital wellness 2025 focus and productivity mental clarity tech burnout notification anxiety work life balance attention economy digital minimalism stress management professional burnout phone addiction help mindfulness techniques always on culture digital boundaries reduce screen time burnout book overwhelmed professional CEO morning routine digital minimalism mindful tech usage **Digital Detox Made Easy** Nitnem, 2023-03-03 Are you constantly checking your phone or scrolling through social media even when you're supposed to be relaxing Do you feel overwhelmed and anxious due to the constant barrage of notifications and information overload It's time for a digital detox and this book has everything you need to get started In Digital Detox Made Easy A Comprehensive Practical Guide for Everyone Dr Nitnem Singh Sodhi covers all the core concepts and practical aspects of digital detox including the effects of technology on our mental health and productivity how to set boundaries and establish healthy habits and a step by step guide to crafting your own personalized digital detox plan With a one week and a two week detox plan included in the book you'll be able to start your journey to a healthier relationship with technology right away Dr Sodhi's approach is grounded in psychology and neuroscience making it both practical and effective for anyone looking to take control of their digital habits With his latest book Digital Detox Dr Sodhi provides a comprehensive and practical guide to help individuals break free from their digital addiction and reclaim their lives The book includes core concepts and practical aspects of digital detox and a one week and a two week digital detox plan crafted based on the principles taught in the book Readers can also learn to craft their own digital detox plan best suited to their needs and goals

Digital Detox Made Easy Nitnem, 2023-03-03 Are you constantly checking your phone or scrolling through social media even when you're supposed to be relaxing Do you feel overwhelmed and anxious due to the constant barrage of notifications and information overload It's time for a digital detox and this book has everything you need to get started In Digital Detox Made Easy A Comprehensive Practical Guide for Everyone Dr Nitnem Singh Sodhi covers all the core concepts and practical aspects of digital detox including the effects of technology on our mental health and productivity how to set boundaries and establish healthy habits and a step by step guide to crafting your own personalized digital detox plan With a one week and a two week detox plan included in the book you'll be able to start your journey to a healthier relationship with technology right away Dr Sodhi's approach is grounded in psychology and neuroscience making it both practical and effective for anyone looking to take control of their digital habits With his latest book Digital Detox Dr Sodhi provides a comprehensive and practical guide to help individuals break free from their digital addiction and reclaim their lives The book includes core concepts and practical aspects of digital detox and a one week and a two week digital detox plan crafted based on the principles taught in the book Readers can also learn to craft their own digital detox plan best suited to their needs and goals

Stop Staring at Screens Tanya Goodin, 2018-09-06 Technology was designed to make our lives easier and yet it's one of the biggest drivers of family rifts and stress. Making healthy and realistic decisions about when and where you really need technology can be tricky but is essential for restoring harmony in your home. Stop Staring at Screens has the answers you need. Find sanity saving solutions and practical tips. Follow diagnostic quizzes. Identify key triggers. Address common issues. Learn what works best for you and your family.

Digital Detox Gareth Croot, 2024-11-15 Digital Detox Finding Peace in a World of Screens. Unlock the Secrets to a Balanced Digital Life. In an era where screens dominate our every waking moment, it's time to reclaim your life from digital overload. Digital Detox Finding Peace in a World of Screens is your comprehensive guide to achieving a healthier, more balanced relationship with technology. This book takes you on a transformative journey, providing practical strategies, insightful reflections, and inspiring stories to help you navigate the digital age with intention and mindfulness.

About the Book: Digital Detox Finding Peace in a World of Screens offers a step-by-step approach to reducing screen time, managing digital distractions, and fostering meaningful connections both online and offline. With 30 thoughtfully crafted chapters, you'll discover Practical Tips and Techniques. Learn actionable strategies to create a personalized detox plan, manage screen time, and establish screen-free zones. Mindfulness and Meditation Practices. Incorporate mindfulness and meditation into your daily routine to cultivate mental clarity and reduce stress. Inspiring Stories. Read real-life success stories of individuals who have transformed their lives through digital detox and embraced a balanced lifestyle. Holistic Well-Being. Explore the benefits of reconnecting with nature, pursuing offline hobbies, and maintaining a healthy work-life balance. Future Trends. Stay ahead with insights into emerging trends in digital wellness and how to adapt to new technologies mindfully.

What Readers Are Saying: A must-read for anyone looking to take control of their digital life. The practical advice and inspiring stories make it an invaluable resource. This book helped me achieve a healthier balance between my online and offline worlds. I highly recommend it to anyone feeling overwhelmed by technology.

An insightful and practical guide to digital wellness. The mindfulness techniques have been a game-changer for me.

About the Author: With a deep understanding of the challenges posed by our digital world, Gareth Croot has crafted a comprehensive guide to help readers find peace and balance in their digital lives. Drawing on extensive research and personal experience, Gareth Croot provides practical tools and inspiration to navigate the digital age with mindfulness and intention. Discover the transformative power of digital detox and embark on a journey towards a more intentional and fulfilling digital life.

Order your copy of Digital Detox Finding Peace in a World of Screens today and take the first step towards reclaiming your time and well-being.

Less Screen, More Green (B&W Edition) Kerry Crofton, 2020-01-21 Kerry Crofton's Less Screen More Green describes the importance of children spending time outside and suggests how educators can encourage a love of the natural world that is so desperately important. Only if we care will we help and nature desperately needs the help of all of us. Dr Jane Goodall DBE Founder the Jane Goodall Institute. It's increasingly urgent to use electronics more wisely and balance out all this tech with outdoor time.

in nature The good news children don't need to be outdoors all day Even twenty minutes of unstructured play boosts their physical mental and social wellbeing With quotes and contributions from experts around the globe and updated material this is the essential toolkit for parents grandparents and educators who want to show children the value of nature and restore a calmer pace to their own lives Mindful Tech is thinking differently about all things wired and wireless developing healthier tech habits and using devices in a more mindful way Knowing a bit of neuroscience is helpful how too much tech can harm our brains and behaviour especially children and youth SOME TOPICS Best practices for all things wired and wireless Ergonomics and easy stretching to reduce pain of aching eyes sore back neck wrists and thumbs and other repetition strain injuries Mindfulness practices to develop healthier tech and social media habits enjoy less stress or insomnia better sleep and a calm and focused mind Ways to encourage respect kindness and empathy in children and youth How to unplug more often and give kids a love of the natural world and screen free activities art music reading print books caring for animals gardening or forest bathing by an open window or at a city park The Mindful Tech Plans tm offer all you need to know to tailor healthier tech habits for your family school or workplace They are based the following 1 The Power of Natures is unplugging and connecting with the natural world Harnessing the earth's elemental energy isn't just a feel good activity It's a powerful tool in dealing with tech overload and boosting mental and physical health There's sound science supporting the back to nature benefits as an effective remedy for anxiety depression stress and fatigue 2 The Power of Mindfulness is a vital skill You'll see why it's not easy to put those devices down and what to do Why mindfulness Being more mindful seeing how tech cravings are never satisfied helps break the cycle The wild and speedy mind used to staring at screens cannot free itself 3 The Power of Kindness and Being Truly Connected is reconnecting with our inherent compassionate nature We develop more emotional bravery and become more willing to interact heart to heart with others rather than escaping behind our digital screens The Family Tech Plan how to set digital media limits develop safer tech habits and enjoy creative screen free activities unstructured outdoor play and reconnecting with nature The School Tech Plan sets out best practices including computer ergonomics and outdoor activity guidelines

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