

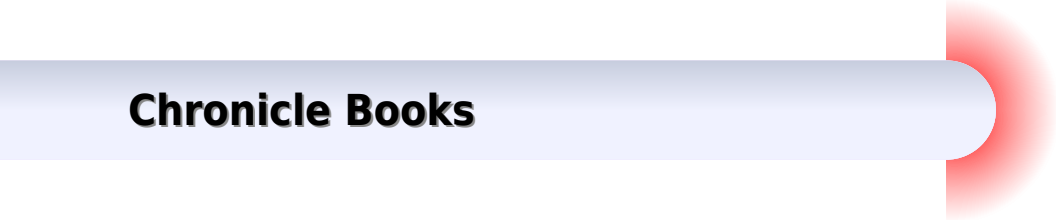


UNPLUG EVERY DAY

365 Ways for Long-Distance Living Better

Unplug Every Day 365 Ways To Log Off And Live Betterjournal Unplug Every Dayhardcover

Chronicle Books



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Unplug Every Day Chronicle Books,2014-02-25 This inspiring journal offers 365 achievable ways to take small breaks from technology with simple suggestions that encourage journalers to unplug from electronics and appreciate their surroundings With a year s worth of digital detox prompts it also offers readers time to reflect on the power of unplugging

Unplug Insight Editions,2020-09-22 Plan and track your digital detox with this 90 day journal featuring morning and evening practices designed to help you unplug from your phone step away from your screen and live a more present life In this overworked hyper connected world overdependence on technology can become a problem for even the most mindful of us and sometimes it becomes necessary to take a step back and unplug Unplug A Day and Night Reflection Journal is a conscious tool to help you track and record your screen time and your non screen time giving you space to plan and reflect on habits and activities that don t include technology Designed as a 90 day support system for your digital detox plan each daily spread includes a morning practice for beginning your day with intention and an evening practice for reflecting on your challenges and achievements Featuring delicate illustrations and a graceful contemporary design this 90 day journal is perfect for those trying to disconnect from their phones and reconnect with themselves *Unplug [Mini Book]* Mandala Publishing,2022-05-24 A pocket sized book of thoughtful quotes curated to help you unplug from your devices step away from your screen and live a more present life Almost everything will work if you unplug it for a few minutes including you Anne Lamott With the constant barrage of news feeds notifications and social media demanding our attention almost every minute of our day it has become critical for us to take a digital break and unplug Stepping away from our screens however is proving to be increasingly more difficult in today s constant hyperconnected technological world How can we mindfully connect to the present moment and allow ourselves to fully enter into the here and now Dive into the insightful words of writers thinkers and seekers who grapple with the way media shapes our consciousness Let these quotes act as a guide to reflect on and cherish everyday experiences without digital technology and bring critical awareness on how technology is overtaking our lives Unplug mini book invites us to disconnect from the never ending data stream inundating our lives so that we can reconnect with ourselves 150 QUOTES Open to any page for inspiration from writers and thinkers including Eckhart Tolle Henry David Thoreau Alan Watts and Deepak Chopra POCKET SIZE This compact mini book fits easily in a pocket or purse for easy access to wisdom and inspiration whenever it s needed CREATE COMFORT AND CALM Each quote is an invitation for self reflection that can help us move towards clarity presence and mindful being BEAUTIFULLY ILLUSTRATED Lovely hand drawn illustrations add a layer of beauty and joy to each quote COMPLETE THE SERIES COLLECTION Deepen your mindfulness practice with Unplug A Day and Night Journal for Cultivating Off Screen Well Being Life Unplugged Meleah Bowles,Elise Williams Rikard,2019-12-17 Life Unplugged makes digital detox easy with alternative activities and better ways to feel connected to your friends family and the world around you By unplugging your electronics you ll be able to take that

much needed vacation you've been craving. For busy entrepreneurs and families, it can seem impossible to find time for yourself or to stay connected to your loved ones, but with *Life Unplugged*, staying connected is much simpler than you imagine. This workbook guides you through ways to de-stress, cultivate mindfulness, and improve your mood and health while also helping you find balance and joy in your daily life through digital detox. It's the mini vacation without the extra cost of actually going away and all the wellness benefits you need for a more fulfilling lifestyle. You'll find habit tracking worksheets to keep you on task, fun challenges to help you be the most successful in your detox, journaling prompts to get your creative juices flowing, tips to finding and integrating alternative activities into your daily routine, ways to optimize your free time so you're more productive throughout the day. With this life-changing journal, you'll learn to live without being attached to your phone, TV, laptop, or social media. It can be as easy as taking a few breaks from your digital devices a day to make you feel refreshed, enlightened, and purposeful. Sleep better and improve your overall mental and physical health by taking a break from the internet. The practice of digital detoxing has proven to improve your memory, posture, blood pressure, and give you greater feelings of gratitude and happiness. Live a more connected, purposeful life by staying in tune with the world around you.

Unplug RD King, We live a digitalized life. Over 80% of the population owns a mobile device, and 57% of them have more than one type of device. We waste about 3 hours a week just picking up our phone, which is around 215 times a day. This omnipresence of technology begs the question: how can we escape an addiction to the digital world? What you need is to switch where you spend your energy. With some help, you can find new ways to spend your time and energy that are bringing more fulfillment in your life. You can break the cycle of dependence toward screen time and reconnect with your life. Our relationship with technology doesn't have to be nonexistent, but we have to find a balance and reduce screen time. Don't let all your energy and time go to waste on browsing social media and entering a rabbit hole after looking at the weather on your phone. Here are what you will learn in this guide: The research behind the impact of technology and why you should reduce your screen time. How you can benefit from adopting new behaviors and reconnect with your life. Why you need to select non-digital activities to better your life. How to refocus your mind to gain more attention. How to adopt successful habits and become more aware of your behaviors. How to create a life that is fulfilling and happy while reducing your screen time. How to spend less time in the digital world and implement a new routine in 21 days. 7 ways to improve your sleep and maintain it throughout the night. 19 habits that might be a sign that your relationship with technology is toxic. 5 rules to improve your attention and increase your ability to live in the present moment. Successful techniques to reduce your screen time and gain more energy. How you can practice emotional awareness and balance your feelings. Customized activities that will help you apply the changes right away and start improving your relationship with technology while reconnecting with yourself. Practical ways to unplug in your daily activities. 4 techniques to be more comfortable with solitude and how it can enrich your life. Over 50 additional resources that will deepen your knowledge and help you embrace the real world.

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Hours Unplugged: Unplug and Reconnect Chris Edwards, 2019-06-03 Self Help Author Chris Edwards does it again after the success of his 90 Days to a Glass Half Full Lifestyle he returns penning a step by step playbook taking you on a journey to transform your life to reconnect with yourself and others to a more positive life No matter your stage in life or when you started this book will provide an education and tools to help you achieve your goals more rapidly than you ever thought possible Edwards has mentored 100s of people in his professional career to believe in themselves and live a life of passion and success In this book Edwards reveals how the smart phone and apps suck the life around us making us Zombies without us even realizing it He refers to the history of the technology its adoption and crafts a plan with you to take back 2 hours of your life daily to reconnect with yourself and those around you In these pages through plain conversational English and inspiring stories you ll discover The story of smart phone and Apps creation and their impact on us 276 1 million automobiles are registered and on the roads in the US with projected smart phone adoption rates the number of people owning and using a cell phone will exceed the number of Americans owning cars Strategies and benefits to unplugging for 2 hours a day and reconnect to yourself and others The 3 simple steps to reconnecting to yourself and your family The benefits of me time 90 days of affirmations and a plan forward with a support workbook for success to help you master the mindset of positivity and experience the fulfillment in life you deserve This book is part 2 in the series that began with 90 Days to a Glass Half Full Lifestyle a book of affirmations and stories of individuals that overcame drugs homelessness and incarceration and found a second chance through gainful employment and self love This book is part education part history lesson part affirmation but all about a path forward to the positive 76 1 million automobiles are registered and on the roads in the US Based on projected smart phone adoption rates the number of people owning and using a cell phone will exceed the number of Americans owning cars This adoption of this new and even more disruptive technology took place in just one decade verses 100 years for the automobile The question of course is this adoption for the better of society and humanity Sitting in a bar a coffee shop or a restaurant in Chicago San Francisco or Napa Valley we wonder Have we forgot how to unplug meaning put the phone on sleep mode or gosh forbid turn it off Have we actually forgot how to go for a walk with a dog meet and actually chat with friends acquaintances and strangers while being unplugged Can we do it without feeling anxious This book outlines the cause and effect of smart phone and apps and their impact on our daily lives Then we put forth a plan to take 2 hours a day back to yourself and your family We unplug reconnect and affirm a Glass Half Full Lifestyle This book is part 2 in the series that began with 90 Days to a Glass Half Full Lifestyle a book of stories of individuals that overcame drugs homelessness and incarceration and found a second chance through gainful employment and self love This book is part education part history lesson part affirmation but all about a path forward to the positive Other books by this author include 2 Hours Unplugged Unplug Reconnect Removing Barriers to State Occupational Licenses To Enhance Entrepreneurial Job Growth Out of Prison Out of Work and a series in partnership with co author Rene Sepulveda entitled Coach Robert

Sepulveda The Historical Crossroads of Football Track Field and Cross Country In Building New Mexico Pride **Unplug & Thrive** Shiv Rudra,2025-07-04 Do you feel constantly tethered to your phone endlessly scrolling and struggling to truly disconnect Do notifications rule your day leaving you feeling distracted drained and less present in your own life You re not alone In a world where screens wake us up and apps guide our thoughts it s easy to feel like our devices are running us You ve probably heard about drastic digital detoxes but what if the secret to a more mindful and balanced digital life isn t about extreme willpower or abandoning technology but something much simpler easier and surprisingly powerful Welcome to the transformative world of Habit Stacking for digital well being In Unplug it s about making mindful digital habits so tiny and doable they weave effortlessly into your daily life This practical playbook is your guide to Reclaiming Your Mornings Start your day with intention and presence breaking the cycle of immediate screen checking Mastering Workday Focus Build boundaries against digital distractions and notifications allowing for deeper concentration and less overwhelm Engaging Intentionally Transform your social media and communication habits from mindless consumption to meaningful connection Creating Digital Sunsets Design evening routines that promote screen free relaxation preparing your mind and body for restorative sleep Navigating Information Overload Become a more mindful digital consumer choosing what you engage with and when Building Digital Resilience Overcome common traps like FOMO and comparison fostering a healthier relationship with your online world Integrating Digital Well being as a Lifestyle Discover how tiny consistent actions lead to a profound sense of peace presence and purpose Stop feeling controlled by your devices and start living a life where you are in charge of your attention This book offers simple powerful ways to unplug a little more scroll a little less and live a lot more fully It s time to reclaim your life moment by moment Start stacking your way to a more mindful digital life today Offline Amy Cyphers,2020-02-06 Offline Social Media Detox Journal is a tool to help you get your life back Do you find yourself grabbing your phone at a red light to see if you ve missed anything important on social media Do you often ignore your family or friends to watch a video about making a fancy cake you know you ll never bake Do you feel down about your own body after seeing someone you barely know brag about losing 50 lbs Are you depressed after watching people argue about a superstars outfit and wonder why we take the time and energy to write a reply Social media isn t a bad thing It is actually pretty amazing Like all good things though moderation is the key and taking a 10 day break will help you put social media back in its place It s time for a break You were made for more There are real relationships waiting to happen or rekindle The anxiety you might feel could be from being too connected This is a real struggle for so many of us and it s time to put social media in its place This journal is a tool that will help you When we keep track we will notice little changes This journal is set up to help you find success and track your mood creative time self reflection time spent with real friends face to face Not phone to face It will help you track your struggles as well so when you look back you will be amazed 10 days isn t forever This journal is set up to give you enough space to actually take 4 10 day breaks You can use it however you like I recommend

4 10 day breaks a year for you own mental health Let s do this It s time to take control and live you own life Are you ready to join the revolution **Digital Detox: Unplug to Reclaim Your Life** Damon Zahariades,2017-04-13 Take A Break From Technology And Enjoy Life Unplugged Are you addicted to your phone Are you spending too much time on social media Is the internet making you feel depressed lethargic and unmotivated If so you need to do a Digital Detox More and more people are realizing their phones laptops and other devices are controlling their lives rather than the other way around They re spending too much time with technology while their personal relationships suffer They re experiencing greater levels of stress a decline in the quality of their sleep and chronic aches and pains But there s a simple way to regain control and enjoy a quieter more relaxed daily experience unplug Technology Addiction Is Real If you spend a lot of time online you may suffer from internet addiction disorder IAD If you stare at your phone for hours each day you probably struggle with a phone addiction You may not even realize it Digital Detox Unplug To Reclaim Your Life will help you to overcome these addictions This fast paced action guide reveals how the compulsion to use technology negatively affects your life You ll learn why it s so difficult to concentrate how your phone is impairing your sleep the reasons you re feeling so stressed why your social life is in trouble how your gadgets are causing you physical pain and that s just the beginning You ll also learn which factors and character traits are making you more vulnerable to a phone addiction and internet addiction For example Digital Detox explains how it s possible to develop an unhealthy dependency on technology based on your self image your work environment peer pressure impulsiveness mental health and more Beat Your Technology Addiction With A Digital Detox Digital Detox also details the many ways in which your life will improve once you unplug from your devices For example you ll enjoy improved relationships less anxiety increased productivity more free time improved focus and that s just scratching the surface How To Do A Digital Detox The last section of this action guide will walk you through doing a digital detox You ll learn how to prepare for it so you ll be less likely to relapse You ll also receive step by step instructions for making the most of the time you spend apart from your phone and other devices Lastly Digital Detox Unplug To Reclaim Your Life will cover the effects you ll experience after you ve successfully completed your detox You ll also learn what to do afterwards to ensure your technology addiction forever remains under your control What You Can Expect From Digital Detox Nothing is left to your imagination Nothing is left unexplained Every element of doing a digital detox from the factors that triggered your addiction in the first place to the results you ll enjoy after setting aside your gadgets is detailed in this action guide If you suspect your phone email text messaging social media videos news headlines and other digital media are overtaking your life now s the time to make a change for the better Scroll to the top of this page and click the Buy Now button You ll receive my action guide instantly along with details on how to grab a free bonus ebook Download your copy of Digital Detox Unplug To Reclaim Your Life today Unplug Richard Simon,2025-06-17 Turn off your phone and turn on your life with step by step instructions and success stories from dozens of people who ve set healthy boundaries with their devices The average

American spends the equivalent of more than 75 full days a year looking at their phone. It can become an all-consuming addiction that puts a strain on virtually every facet of our existence from the way we sleep, eat, and exercise to our ability to focus and make new memories. Most importantly, it takes us away from our lives, our relationships, and the real world. But although it may seem impossible, there is always a way to overcome digital distraction; you can always turn off your phone. In *Unplug*, Richard Simon lays out a plan to detox from your phone, including different breakup styles, things to do with your newfound time, lightly reintegrating a smartphone into your life, and finally helping others quit. These tips and strategies are interspersed with success stories, including Simon's own story of turning off his phone for a whole year, plus those of 25 others, including a professional baseball player, Nick Castellanos, a cable news host, Steve Hilton, as well as ordinary folks, including a principal, a pastor, and a couple who quit their phones together. Plus expert insights from bestselling authors and physicians who specialize in digital wellness, including Dr. Anna Lembke, *Dopamine Nation*, and Brian Merchant, *The One Device*.

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