

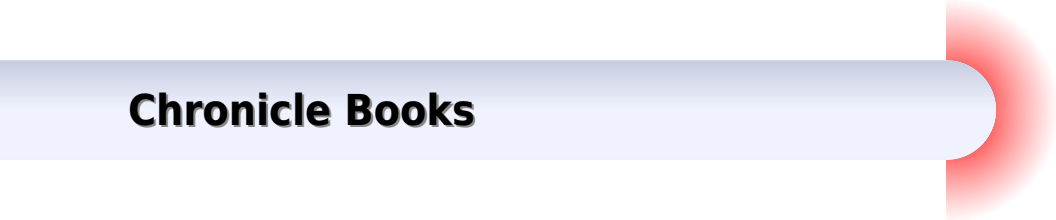


UNPLUG EVERY DAY

365 Ways for Long-Overworked Lives to Get Better

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

Chronicle Books



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

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 is 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 non-existent 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*.

Unplug to Recharge Jude H. Winston, 2025-06-28 *Unplug to Recharge: A 7-Day Plan to Step Back from the Screen and Step Into Real Life*. Are you tired of feeling controlled by your phone? Overwhelmed by endless notifications, scrolling, and digital distractions? *Unplug to Recharge* offers a simple, science-backed plan to help you reclaim your time, attention, and peace, one day at a time. In just seven days, you'll learn how to break free from compulsive phone habits, interrupt the addictive digital loop, create mindful morning and evening routines, reconnect deeply with yourself, others, and nature, design a balanced, intentional relationship with technology. This isn't about quitting your devices; it's about making technology work for you, not the other way around. Filled with practical exercises, real-life stories, reflection prompts, and optional deep dives, this quick-read guide is perfect for busy people ready to live more fully beyond the screen. Take the first step to a calmer, more present, and joyful life. *Unplug, Recharge, Thrive*.

Unplug and Reconnect Rayan D'Arcy, 2024-05-29 *Unlock the Secrets to a More Balanced and Fulfilling Life with Unplug and Reconnect: A Guide to Digital Detox and Embracing Nature*. In a world where we are constantly connected and overwhelmed by digital demands, this comprehensive guide offers transformative strategies to help you break free from screen addiction and rediscover the joys of the natural world. With actionable steps, expert insights, and inspiring real-life success stories, this book provides a clear roadmap to reducing screen time, managing digital overload, and cultivating a mindful present lifestyle. Whether you're seeking to improve your mental health, enhance your productivity, or simply find more joy in your everyday life, *Unplug and Reconnect* equips you with the essential tools to thrive. Dive into a holistic approach that covers every aspect of the digital detox journey. From understanding the profound impacts of digital overload to creating serene, tech-free environments and establishing sustainable digital wellness habits, this book is your ultimate guide. Discover how to set clear intentions, craft effective daily routines, and embrace the healing power of nature. Through engaging narratives and practical advice, you'll learn how to integrate mindfulness into your daily activities, build a supportive community, and maintain long-term motivation for lasting

change Transform your relationship with technology and embark on a journey toward greater well being and happiness with Unplug and Reconnect A Guide to Digital Detox and Embracing Nature This book is your gateway to a more intentional connected and joyful life *Off: Your Digital Detox for a Better Life* Tanya Goodin,2018-03-13 Walk down any street stroll through any park step into a bar or restaurant and everyone is glued to their mobile devices Many of us struggle with the near constant urge to check our phones the average person interacts with their device more than 2 600 times a day and this dependence is affecting our relationships our work and our quality of life It seems the technology that was supposed to connect us has tipped us in the other direction creating unnecessary stress and distance in our lives *Off Your Digital Detox for a Better Life* isn't about reverting to a tech free way of life it's about balance Digital entrepreneur Tanya Goodin offers a guide that will free up hours of your time and lead you back to the pastimes and people you love Learn to cultivate a healthier relationship with your digital devices by adopting simple practices that encourage mindfulness deeper connection to others more restful sleep and increased creativity Illustrated with serene and inspiring photography *Off* will help you free yourself from technology and be more present in your own life **Unplugged** Jason Sperling,2016-04-24 *Unplugged 15 Steps to Disconnect from Technology and Reconnect with Nature Yourself Friends and Family* provides you with the tools that will allow you to change your parenting approach and improve your family's health happiness and connection What if a few new activities could completely transform your family Imagine waking up in the morning feeling excited to take on the day This book will show you how to increase your happiness health and connection with a few simple steps In his third book Amazon bestselling author Jason Runkel Sperling covers 15 steps to improve your connection with nature yourself friends and family Here are a few things that you will get out of *Unplugged* How to Apply the Law of Attraction to help you unplug Build your tribe when you're starting from zero Utilize your circle of influence to inspire motivation Look at your life through a victim vs leader perspective Choose to FLY when you crash Employ the power of efficiency to increase your happiness Disconnect from technology to focus on what really is important Stay safe in a complex world Conquer attachment and desire Use love to build sustainable momentum Emphasize small wins for big results Listen to truth and generate vitality Develop your audacious dreams to enrich your life Discover a wise sage to guide you into nature Delegate your fears and worries **BONUS** Templates worksheets tips checklists examples and other resources to inspire you and make taking the first step easy Pick up your copy today by clicking the BUY NOW button at the top of this page Unplug Prince Penman, In today's digital age we are constantly connected yet many of us feel more disconnected than ever before The constant barrage of notifications emails and social media updates can leave us overwhelmed stressed and longing for a deeper connection with ourselves and the world around us *Unplug Reconnecting with Yourself in a Digital Age* offers a much needed guide to finding balance in a world that never stops Prince Penman reveals the transformative power of stepping away from screens and rediscovering the art of being present This book will help you break free from the chains of digital addiction and reclaim the

time focus and energy you need to live a more meaningful life Inside you ll learn how to Overcome digital addiction and regain control of your time Reconnect with yourself through mindfulness and presence Set healthy boundaries with technology to improve your productivity and well being Discover the life changing benefits of a digital detox and how to implement it successfully Cultivate real life connections and build deeper more meaningful relationships Reignite your passions and hobbies that have been sidelined by screen time Integrate technology mindfully into your life for a balanced lifestyle Create a digital free sanctuary for peace and mental clarity This book is perfect for anyone feeling overwhelmed by the constant buzz of their devices struggling to find time for themselves or seeking a more authentic balanced way of living Whether you re looking to enhance your productivity improve your mental health or simply reclaim your time Unplug provides the tools you need to thrive in the digital world without losing yourself in it It s time to hit the reset button unplug from the distractions and reconnect with what truly matters Start your journey toward a healthier more fulfilling life today

Unplugged Rediscovering Joy in a Digital-Free Life Grace Benjamin,2024-06-14 Unplugged Rediscovering Joy in a Digital Free Life is your essential guide to stepping back from the screens and reconnecting with what truly matters In a world where we are constantly bombarded by digital distractions this book offers a refreshing and practical approach to finding balance reducing screen time and embracing the joy of offline activities and real world interactions Ae you feeling overwhelmed by constant notifications and endless scrolling Do you yearn for a deeper connection with yourself and those around you This book is here to help you reclaim your time nurture your well being and rediscover the simple pleasures of a life less tethered to technology What You ll Discover Inside The Ubiquity of Screens Understand how screens dominate our daily lives and the impact this has on our mental and physical health The Science of Screen Time Learn about the effects of prolonged screen exposure and how it affects your brain mood and overall well being Recognizing Digital Dependence Identify the signs of screen addiction and its impact on your relationships and quality of life The Benefits of Unplugging Explore the many advantages of reducing screen time including improved mental clarity emotional well being and stronger relationships Creating a Digital Detox Plan Get practical steps and strategies to create your personalized plan for cutting back on screen time Embracing Offline Activities Rediscover hobbies engage in physical activities and practice mindfulness to enhance your offline life Reconnecting with Nature Discover the healing power of nature and learn how to incorporate more outdoor activities into your routine Enhancing Real World Connections Build stronger relationships and improve communication through face to face interactions Digital Minimalism Simplify your digital life and adopt sustainable practices for long term success Mindful Technology Use Develop conscious habits for using technology intentionally and mindfully Navigating Work and Technology Balance work and life in a digital world increase productivity and create tech free workspaces Long Term Success Maintain momentum celebrate your progress and inspire others to embrace a digital free lifestyle Why This Book Unplugged is not about abandoning technology altogether Instead it s about creating a healthier

relationship with it This book provides a practical encouraging and enthusiastic approach to help you take control of your digital habits and find fulfillment through offline activities Whether you re looking to improve your mental health strengthen your relationships or simply find more joy in everyday fulfilment unplugged is your guide to a balanced intentional and joyful existence beyond the screens Join the Movement Thousands of people are already transforming their lives by embracing a digital free lifestyle Are you ready to join them Dive into Unplugged Rediscovering Joy in a Digital Free Life and start your journey toward a more connected joyful and fulfilling life today Take the first step Rediscover joy Embrace life beyond the screens

Unplug and Unwind CICO Books,2024-02-13 Discover how better to meet the stress and demands of daily life with accessible and gratifying ways to decompress and live each day more fully The fast pace of contemporary life and the increasingly digital age we live in can overwhelm our peace happiness and well being Checking our phones and engaging online are often necessary to stay connected and thrive in today s world but doing so constantly and mindlessly can lead to unwanted anxiety exhaustion and discontent There is a better way to meet these everyday challenges Through a mindful approach and relating to situations differently Unplug and Unwind will do just that for you Discover the many ways to benefit physically emotionally and mentally including how to feel more rested if you re having trouble sleeping tune into your breathing regularly to relax and be present and explore your senses to experience renewed energy and pleasure In this compendium of beautiful images and inspiring guidance shift from doing to being and find more balance and happiness in your life

Disconnect to reconnect Carmine Migliaccio,2021-01-10 Let s get one thing clear If you are not living the life you deserve to live you are dying I know it sounds kinda harsh I know it s definitely an extreme way to put things but sometimes if you are numb to certain realities you need an extreme wake up call This is one of those In fact if you think about it there s really not much difference between human beings and sharks as far as living is concerned Like a shark humans need to move forward or they start sinking When sharks sink they die The same applies to you Now please understand that if you re not pushing yourself to the limit or trying to live up to your fullest potential it s not like you re going to die immediately But something inside you starts to get weak starts to get soft starts to waste away and yes eventually parts of you die There are so many of us walking around with tombstones in our eyes because we did not live out our fullest potential We re not living nowhere near the level that we re capable of performing at This is why so many people feel stuck frustrated and discouraged

Disconnect to Reconnect Chele Summers,2025-06-30 Tired of feeling wired 24 7 It s time to log off just a little and reconnect with real life Disconnect to Reconnect is a fun and flexible digital detox challenge for anyone overwhelmed by nonstop notifications social media spirals or screen induced burnout Whether you re glued to your phone lost in your laptop or constantly plugged in this book offers a realistic way to take a break without giving up technology for good Choose your challenge 24 Hours 5 Days 7 Days 30 Days Each level includes step by step guidance motivational tips and printable tools to help you unplug reflect and reset your habits your way No guilt No judgment Just a refreshing pause from

the digital noise Inside you ll find Customizable detox plans for any lifestyle Encouraging strategies to break free from digital distractions Practical advice with a dose of humor A post detox guide to build lasting digital balance This isn t about going off the grid It s about creating space for focus calm and connection on your terms Whether you re trying to reclaim your time reset your brain or just make it through a day without checking every device Disconnect to Reconnect is your guide to doing less tech with more intention Start small Laugh often Unplug just enough to feel human again Unplug and Play Unplug Journals,2020-08-20 This Unplug Play 120 Narrow Lined Pages 6 x 9 Planner Journal Notebook Composition Book Diary for Women Men Teens and Children has 120 Narrow Lined pages that provides enough room to write down your whole life journey A journal is a great way to cultivate a better you This is a self exploration journal that will help you set and reach your goals set a plan of action to achieve those goals There are many critical metrics in becoming the best you We all say that we ll do our best but going through the process of writing down your goals and tracking your performance has a major impact on you actually achieving your goals Grab a copy for yourself and for a friend and get started today A great gift idea for teens wife men husband kids boys girls dad friend mom women on Graduation Mothers Day Birthday Thanksgiving Easter Halloween Christmas Valentine s Day Anniversary Father s Day or Wedding Anniversary

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