



Digitox: How to Find a Healthy Balance for Your Family's Digital Diet (Paperback)

By Ellis Mark

Culturetransform Limited, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is the story of my family's Tech Free Sundays . Our experience giving up the internet for one day a week, every week for the last three years. The challenges we faced, the benefits we gained and the pitfalls that we wish we could have avoided along the way. The internet and technology are an irreversible part of our daily lives, but what effect is it having on our ability to function as a society? Is it driving our families apart or just changing the dynamic? This is not a book about the evils of technology, but it will teach you how to successfully diet your consumption of the internet and make yourself and your family happier, healthier, safer and smarter.

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