



## Digital Inferno: Using Technology Consciously in Your Life and Work, 101 Ways to Survive and Thrive in a Hyperconnected World

By Paul Levy

Clairview Books. Paperback. Book Condition: new. BRAND NEW, Digital Inferno: Using Technology Consciously in Your Life and Work, 101 Ways to Survive and Thrive in a Hyperconnected World, Paul Levy, How many times do you check something on the internet but find you are drifting aimlessly from one link to another? If you can't not answer the phone when it rings, and you spend hours a week on social media, and you read your texts instead of kissing your loved one goodnight, and you don't give your kids proper attention because you just have to prioritize new responses to your tweet, then this book is for you. The digital world is spreading like an inferno - a swirling, hot storm of change, possibility, addiction, passion, manipulation, creativity and abuse. It demands our attention and encourages us to be always on, with its constant updates and feedback. It is exciting, but it can also be overwhelming. And it's developing faster than our ability to deal with it. To adherents of digital living and working, any criticism is uncool, a sign of being out of touch. Refreshingly, Digital Inferno is neither simple indictment nor unqualified endorsement. Rather, it's about holding your own in...

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