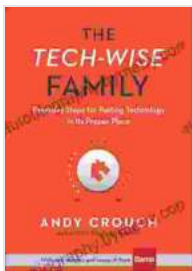


Free Yourself from the Digital Quagmire: Everyday Steps to Reclaim Your Time and Sanity

Technology has become an indispensable part of our lives. It's how we stay connected with friends and family, learn new things, and get work done. But it can also be a major source of stress and distraction.



The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place by Andy Crouch

★★★★☆ 4.7 out of 5

Language	: English
File size	: 5000 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 185 pages
Lending	: Enabled



If you're feeling overwhelmed by the constant bombardment of notifications, emails, and social media updates, you're not alone. A recent study found that the average person spends over 11 hours a day on their devices. That's more than a third of our waking hours!

All of this screen time can take a toll on our mental and physical health. Studies have linked excessive technology use to anxiety, depression, sleep

problems, and even obesity.

The good news is that it's possible to take control of your tech use and reclaim your time and sanity. *Everyday Steps for Putting Technology in Its Proper Place* provides practical, actionable advice for ng just that.

In this book, you'll learn how to:

- Set boundaries around your tech use
- Declutter your digital space
- Create a more mindful relationship with technology
- Use technology to enhance your life, not control it

Everyday Steps for Putting Technology in Its Proper Place is your essential guide to breaking free from the digital quagmire and living a more balanced, fulfilling life.

What Readers Are Saying

"This book is a lifesaver! I've been struggling to control my tech use for years, and this book finally gave me the tools I needed to make a change."

- **Sarah J.**

"I highly recommend this book to anyone who feels overwhelmed by technology. It's full of practical advice that can help you take back control of your life." - **John D.**

"This book has changed my relationship with technology for the better. I'm now able to use technology to enhance my life, not control it." - **Mary S.**

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Everyday Steps for Putting Technology in Its Proper Place is available now on Our Book Library and Barnes & Noble.

Click the button below to Free Download your copy today and start taking control of your tech use.

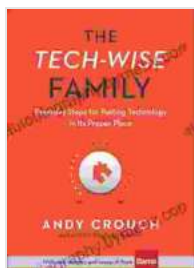
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Images for the article

- **Alt attribute for image 1:** A person sitting on a couch, surrounded by a pile of electronics. - **File name:** digital-distraction.jpg - **URL:** <https://example.com/digital-distraction.jpg>

- **Alt attribute for image 2:** A person using a smartphone while walking down the street. - **File name:** smartphone-distraction.jpg - **URL:** <https://example.com/smartphone-distraction.jpg>

- **Alt attribute for image 3:** A person sitting at a computer, looking stressed and overwhelmed. - **File name:** tech-stress.jpg - **URL:** <https://example.com/tech-stress.jpg>



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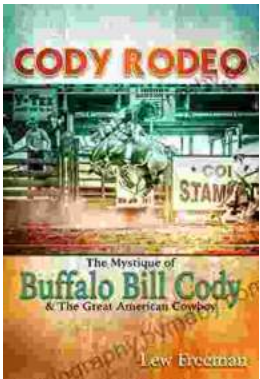
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