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Unplugged: The Essential Digital Detox Plan

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Put down that smart phone! All too often, we allow digital life to overtake real life: we use devices to entertain children, and ignore our friends across the table to look at a (probably meaningless) e-mail, post, or text. *Unplugged* helps you disconnect and regain a healthy balance between your human relationships and technology. It includes step-by-step plans for minutes-long, hour-long, day-long, and weekend detoxing programs; interviews with celebrities like Randi Zuckerberg (sister of Facebook founder Mark) who have addressed the issue; and “mindfulness” techniques that teach you how to manage your online world in a healthy way.

Unplugged: The Essential Digital Detox Plan Details

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From Reader Review Unplugged: The Essential Digital Detox Plan for online ebook

Emma Sea says

Pretty good in terms/types/lengths of detoxes, and goals for while foregoing the online world, but bloody light on strategies to address the addictive desire to "just check in once." The book would have been a lot more useful if it replaced the section on the "Top Digital Detox Retreats" with a section on information addiction. The chances of me spending a week at the Six Senses Yao Noi on a private island in Thailand or the Mandarin Oriental in Bangkok are slim to none.

Elif says

The case study of the professor putting all distractions away to be fully present with his student really resonated with me and captures what being "unplugged" really means. She is not necessarily urging us to live in the dark, but to practice mindfulness and to better our real-life relationships and most importantly, to better ourselves.

Daisy says

True title of the book - Unplugged: How to Live Mindfully in a Digital World.

Brittaya says

I liked the theme, but I found it fairly preachy. Most of the first part of the book was spent admonishing the potential reader for their technology addiction and explaining how bad it is for you. Which granted, is true. But personally I already knew all of that, and I didn't need any more judgment about it but rather some solid strategies to get through the desire to check my phone every two minutes. The plans at the very end of the book are useful however, so if you already know that too much tech isn't great for you then skip ahead to the end and hopefully you can find something useful for how to scale back.
