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Thumbs Up: How to Survive Without Your Smartphone for 24 Hours (Paperback)

By Michael MacLeod

Createspace, United States, 2015. Paperback. Condition: New. Michael MacLeod (illustrator). Language: English . Brand New Book ***** Print on Demand *****. It's crept up on us, this crazy smartphone culture - it's become totally normal to check email while crossing the street, spend half our time at a party texting people who aren't there and, of course, post a picture of every cup of coffee we order at Starbucks. We're always multitasking, dividing our attention between what's happening and what's happening on our phones. The stats are crazy - research is claiming 1 in 8 people are now ADDICTED to their smartphones! We live part of our lives online, trying to create virtual identities on Facebook. We're spending more of our time in text chatrooms than in person. We are a generation obsessed with tech and constant connection, our attention is grabbed by every beep, buzz and ping, totally tuned in to the digital. It's like we're the most connected generation ever and at the same time the most disconnected from, well, life! And that's what this book is about - reconnecting you with the real. Okay, awesome! But how? The...

Reviews

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