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# UNFRIEND YOURSELF: THREE DAYS TO DETOX, DISCERN, AND DECIDE ABOUT SOCIAL MEDIA

Moody Press,U.S., United States, 2012. Paperback. Book Condition: New. New.. 175 x 124 mm. Language: English . Brand New Book. Three days. No Facebook. No Twitter. No social media. Just time to detox, discern, and decide. Take a three-day social media fast with Unfriend Yourself and learn to examine your use of social media from a Christian perspective. This book will guide you in evaluating your fast by asking challenging questions such as: What happens when I broadcast myself on...

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- Authored by Kyle Tennant
- Released at 2012



### Reviews

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