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#DoNotDisturb Jedediah Bila, 2018-10-09 Have you ever looked at your email then texts then Facebook then Twitter then email then Instagram then Candy Crush then texts then Snapchat then texts again and now you've wasted the time you had set aside for more important things Jedediah Bila has solved her own Obsessive Compulsive Tech Disorder and she did it without throwing away her devices It's time to switch on airplane mode and settle into Jedediah Bila's DoNotDisturb How I Ghosted My Cell Phone to Take Back My Life In this timely entertaining and inspiring book Jedediah Bila chronicles her chaotic confusing and all consuming love hate relationship with her cell phone Stepping back from the whirlwind of texting social media and an endless sea of apps Bila questions how our relationships character and sanity have suffered from our deep dive into the digital abyss Exploring the toll that tech addiction took on her life Bila reveals her missteps and mistakes including several upending life altering months swirling in an ex boyfriend's cell phone enabled double life and how a low tech millennial later stole her heart Travel with Jedediah through the embarrassing and catastrophic consequences of Managing a Tech relationships social media's Perception Deception and the One Potato Chip Problem of trying to resist Silicon Valley's hypnotic slot machine software designed to lure you in Bila reveals how she navigated away from an unhealthy oversaturated diet of tech junk food to striking just the right balance with technology to let her unplugged real life moments take charge In DoNotDisturb Bila applies her trademark no nonsense common sense personal responsibility and accountability centered approach warning us that if we don't stop acting like robots our very humanity is at stake Through warm anecdotes and cold hard truths Bila reveals how she pulled her way out of the tech fog to keep her eyes focused on the life right in front of her And how you can too

The American City Arthur Hastings Grant, Harold Sinley Bittenheim, 1921

How to Do Everything iPod Touch Guy Hart-Davis, 2011-12-08 This practical guide covers all that's new in the latest iPod touch and shows the best ways to load media content play games surf the web use FaceTime to video chat watch TV shows and movies and more How to Do Everything iPod touch covers the new supercharged iPod touch which combines three great products a widescreen iPod with touch controls a portable game console and a breakthrough Internet device The book's chapters provide details on loading your iPod touch with music videos games and data plus how to chat with FaceTime keep up with social media accounts take photos create and edit business documents and much more You'll get all the information you need to fully exploit the iPod touch with both Windows PCs and

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