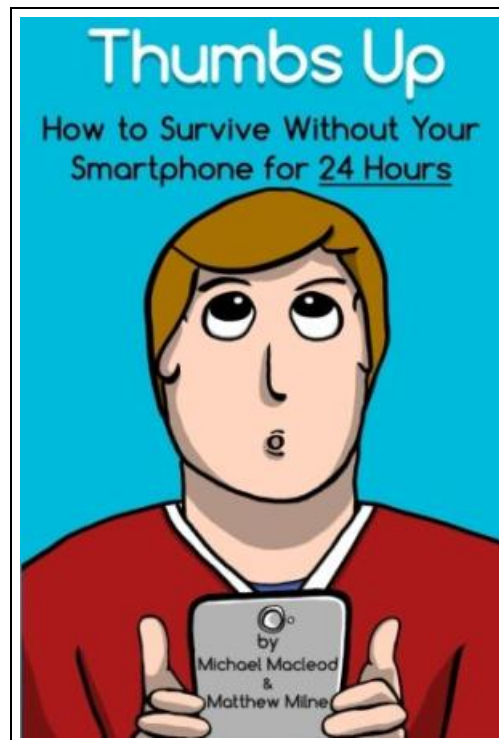


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THUMBS UP: HOW TO SURVIVE WITHOUT YOUR SMARTPHONE FOR 24 HOURS (PAPERBACK)



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 Thumbs Up approach is more than just a smartphone detox. There are two main ingredients. (1) You may not use your smartphone at all for a full 24 hours. (2) Every time you're tempted to use it, or at any time you'd normally be using your phone, you have to do something awesome that's listed in this book instead - in the REAL world! The point is to make the day an adventure where you embrace the unexpected and encourage the unusual. It's about having oodles of phoneless fun, reconnecting with the people around you and...



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