

Velzeboer

Digital Wellbeing

Recharge Your Focus and Reboot Your Life

Digital detoxes don't work. Our wellbeing relies on finding a balance. Improve your focus and create healthy habits that will enrich your life with Digital Wellbeing. So much of our lives are now spent looking at screens, whether we're working on our laptop or checking social media on our phones. It's too easy to become overwhelmed by constant notifications and endless emails, leading to frustration, stress and burnout. In this groundbreaking book, leading wellbeing expert Petra Velzeboer draws upon academic research and fascinating interviews with global experts to uncover the practical insights that will allow you to improve your daily life, set healthy boundaries with technology and prioritize your Digital Wellbeing.



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