

Ways To Get Off Her Phone

Keep Your Dog Healthy the Natural Way - Pat Lazarus 1999-07-06

A guide to keep your dog healthy using holistic healing techniques.

I Was Knocked down but Not Out! How My Faith Got Me Through!!! - Derek G. Matthews 2018-01-23

The intent of this book is to serve three goals. The first being to act as an opportunity for the world to see Mr. Matthews as a man who has lived a full life that has had great experiences, adventure, and opportunities while also allowing the readers to understand how having faith through life's storms is critical. If only a single reader can walk away with a better understanding that God will never put more on

us than we can bear, then the purpose of the book was met. The second goal was to let others know that the rules of the game of life change upon whom the rules best serve, and no matter what, you must be accountable for your actions and be prepared to handle the consequences of your actions. While others may conspire to bring you down, you have the ability to make decisions to not allow them to do so. The last goal was to have true reconciliation by telling my story to ensure that those only knew my name would now know my story, and I'm sure that by now, most of them would see they would have quit long ago had they walked in my shoes for just a short time.

24/6 - Tiffany Shlain 2019-09-24

In 24/6, Tiffany Shlain explores how turning off screens one day a week can work wonders on your brain, body, and soul. Internet pioneer and renowned filmmaker Tiffany Shlain takes us on a provocative and entertaining journey through time and technology, introducing a strategy for living in our 24/7 world: turning off all screens for twenty-four hours each week. This practice, which she's done for nearly a decade with her husband and kids (sixteen and ten), has completely changed their lives, giving them more time, productivity, connection, and presence. She and her family call it "Technology Shabbat." Drawn from the ancient ritual of Shabbat, living 24/6 can work for anyone from any background. With humor and wisdom, Shlain shares her story, offers lessons she has learned, and provides a blueprint for how to do it yourself. Along the way, she delves into the neuroscience, philosophy, psychology, and history of a weekly day of rest across cultures, making the case for why we need to bring this

ritual back. A compelling personal story and a fascinating, far-reaching examination of the complex world we've created, 24/6 is a call to rebalance ourselves and our society.

The Distracted Mind - Adam Gazzaley

2017-10-27

A "brilliant and practical" study of why our brains aren't built for media multitasking—and how we can learn to live with technology in a more balanced way (Jack Kornfield, author of *The Wise Heart*) Most of us will freely admit that we are obsessed with our devices. We pride ourselves on our ability to multitask—read work email, reply to a text, check Facebook, watch a video clip. Talk on the phone, send a text, drive a car. Enjoy family dinner with a glowing smartphone next to our plates. We can do it all, 24/7! Never mind the errors in the email, the near-miss on the road, and the unheard conversation at the table. In *The Distracted Mind*, Adam Gazzaley and Larry Rosen—a neuroscientist and a psychologist—explain why

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our brains aren't built for multitasking, and suggest better ways to live in a high-tech world without giving up our modern technology. The authors explain that our brains are limited in their ability to pay attention. We don't really multitask but rather switch rapidly between tasks. Distractions and interruptions, often technology-related—referred to by the authors as “interference”—collide with our goal-setting abilities. We want to finish this paper/spreadsheet/sentence, but our phone signals an incoming message and we drop everything. Even without an alert, we decide that we “must” check in on social media immediately. Gazzaley and Rosen offer practical strategies, backed by science, to fight distraction. We can change our brains with meditation, video games, and physical exercise; we can change our behavior by planning our accessibility and recognizing our anxiety about being out of touch even briefly. They don't suggest that we give up our devices, but that we

use them in a more balanced way.

60 Stories About 30 Seconds - Bruce Van Dusen 2020-09-15

1977. New York City. Cool and crime-ridden, cheap and wild. Bruce Van Dusen shows up in town with a film degree and \$150 to his name. He wants to make movies. The only ones anyone will pay him to make? Little ones. Thirty seconds long. Commercials. He has no idea what he's doing and the money sucks. But he's a director. He gets hired by a client on life support in the most depressing hospital in New York. Gets peed on by a lion. Explains peristalsis to a Tony winner. Makes a movie and goes to Sundance. Goes back to little movies when it bombs. Keeps hustling, shooting anything. Is an a**hole, pays the price, finally learns when and how to be an a**hole and becomes one of the industry's stars. Years go by and it's not what he expected. It's harder, weirder, and funnier. But it worked out. It worked out great, actually.

[The Faithfuls](#) - Cecilia Lyra 2020-09-21

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A summer house in the Hamptons doesn't always buy happiness, as one woman is about to find out... For fifteen glorious years, Gina Dewar has been married to her college sweetheart Bobby. Years in which she has lived in the small company town of Alma, New York, lovingly raised their son Calan, been secretary of the Alma Social Club, and tried not to think too often of the family she said goodbye to when she became a Dewar. But then Bobby is publicly accused of having an affair, and Gina's life changes overnight, overwhelmed with scandal, speculation and the agony of uncertainty. Gina's sister-in-law Alice is her polar opposite, she has never appreciated the traditional values of Alma, or tried to fit in with its quaint neighborliness. But in these devastating circumstances, could she be the one person who can help Gina piece her life back together? After Gina makes the decision to trust Bobby, who has claimed his innocence all along, she hopes her family can move forward. But then she hears the rumor that

his supposed mistress is pregnant and she is shaken to the core. With Alice's unexpected support, Gina must face up to the secrets within her marriage, and do whatever she can to protect the people she loves... A moving, emotionally gripping novel about family secrets and the unbreakable strength of female friendship. A stunning new read for fans of Elin Hilderbrand, Dorothea Benton Frank and Nancy Thayer. Readers love Cecilia Lyra: "A great storyteller. Her novel had me captivated until the very last page." Lori Nelson Spielman, #1 internationally bestselling author of *The Life List* "ABSOLUTELY UNPUTDOWNABLE. Warm and emotional. I loved it completely from beginning to end... captured my heart from the first page... Brilliant writing, lovable characters, real situations, the book was everything I needed and more." Book Reviews by Shalini, 5 stars "A simply glorious read!... One of the best books I read this year!" Goodreads reviewer, 5 stars "Definitely for fans of Elin Hilderbrand. I

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absolutely loved it and liked that the drama was intense but there was reprieve and easy reading in between. It was well-written and truly the perfect beach read." Goodreads reviewer, 5 stars "WOW! What an incredible story that brought out so many emotions." Heidi Lynn's Book Reviews, 5 stars "A fantastic read!... I cried at quite a few spots. I didn't want this book to end!!" Goodreads reviewer, 5 stars "Delightful, bittersweet and beguiling... Had me utterly enchanted. The Sunset Sisters is uplifting and compelling and I highly recommend it." Brianne's Book Reviews, 5 stars "Brilliant book. Loved it." NetGalley reviewer, 5 stars "The perfect summer story." Goodreads reviewer "A fantastic, great read. The story is full of emotions. Recommend it." NetGalley reviewer, 5 stars "A great book." Goodreads reviewer, 5 stars "Read this in one day." NetGalley reviewer, 5 stars "A great read... has the full gamut of emotions and it's not to be missed." NetGalley reviewer, 5 stars "An emotional, heart-warming

summer read that is perfect to lay back and relax with on lazy, summer afternoons... this story pulled at my heart strings and took me on an emotional, heart-warming ride the entire way through." Goodreads reviewer "Love, lies and betrayal at its best. This is a compulsive read, one I had difficulty putting down." Goodreads reviewer "The kind of story I love! Family secrets, all those skeletons in the closets makes for a book I couldn't put down!" NetGalley reviewer, 5 stars "Amazing, emotional." Goodreads reviewer "An emotional, heart-warming summer read... will envelope you and not let you out of its grasp until you have read each and every word of this bittersweet, emotional tale... this story pulled at my heart strings and took me on an emotional, heart-warming ride the entire way through." Goodreads reviewer

How to Do Nothing - Jenny Odell 2019-04-23

** A New York Times Bestseller ** NAMED ONE OF THE BEST BOOKS OF THE YEAR BY: Time •

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The New Yorker • NPR • GQ • Elle • Vulture • Fortune • Boing Boing • The Irish Times • The New York Public Library • The Brooklyn Public Library "A complex, smart and ambitious book that at first reads like a self-help manual, then blossoms into a wide-ranging political manifesto."—Jonah Engel Bromwich, The New York Times Book Review One of President Barack Obama's "Favorite Books of 2019" Porchlight's Personal Development & Human Behavior Book of the Year In a world where addictive technology is designed to buy and sell our attention, and our value is determined by our 24/7 data productivity, it can seem impossible to escape. But in this inspiring field guide to dropping out of the attention economy, artist and critic Jenny Odell shows us how we can still win back our lives. Odell sees our attention as the most precious—and overdrawn—resource we have. And we must actively and continuously choose how we use it. We might not spend it on things that capitalism

has deemed important ... but once we can start paying a new kind of attention, she writes, we can undertake bolder forms of political action, reimagine humankind's role in the environment, and arrive at more meaningful understandings of happiness and progress. Far from the simple anti-technology screed, or the back-to-nature meditation we read so often, *How to do Nothing* is an action plan for thinking outside of capitalist narratives of efficiency and techno-determinism. Provocative, timely, and utterly persuasive, this book will change how you see your place in our world.

How to Get Off Psychiatric Drugs Safely - Jim Harper 2007

Sleeping with Your Smartphone - Leslie A. Perlow 2012-05-01

Does it have to be this way? Can't resist checking your smartphone or mobile device? Sure, all this connectivity keeps you in touch with your team and the office—but at what cost?

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In *Sleeping with Your Smartphone*, Harvard Business School professor Leslie Perlow reveals how you can disconnect and become more productive in the process. In fact, she shows that you can devote more time to your personal life and accomplish more at work. The good news is that this doesn't require a grand organizational makeover or buy-in from the CEO. All it takes is collaboration between you and your team—working together and making small, doable changes. What started as an experiment with a six-person team at The Boston Consulting Group—one of the world's elite management consulting firms—triggered a global initiative that eventually spanned more than nine hundred BCG teams in thirty countries across five continents. These teams confronted their nonstop workweeks and changed the way they worked, becoming more efficient and effective. The result? Employees were more satisfied with their work-life balance and with their work in general. And the firm was better able to recruit

and retain employees. Clients also benefited—often in unexpected ways. In this engaging book, Perlow takes you inside BCG to witness the challenges and benefits of disconnecting. She provides a step-by-step guide to introducing change on your team—by establishing a collective goal, encouraging open dialogue, ensuring leadership support—and then spreading change to the rest of your firm. If you and your colleagues are grappling with the “always on” problem, it's time to disconnect—and start reading.

IGen - Jean M. Twenge 2017-08-22

"Analyzes how the young people born in the mid-1990s and later significantly differ from those of previous generations, examining how social media and texting may be behind today's unprecedented levels of anxiety, depression, and loneliness" -- Prové de l'editor.

Get Off Your Phone - Natalie Kristen F. Carricarte 2020-01-22

Haddy Paddy and her family are completely

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hooked on their cell phones, computers, and technology. They spend more time looking down at their devices than actually talking to each other or anyone else. Olive Green and her family live nearby. As farmers, they love to spend time outside playing and enjoying nature. Olive uses her phone only when she needs it. When a winter storm prevents the Paddys from leaving town, the Greens invite them to their home. Haddy and her family aren't sure how they'll survive without WiFi. In the end, the high-tech Paddy family discovers the joy in downtime. A rhyming and whimsical picture book for children, *Get Off Your Phone* calls attention to society's reliance on technology. It encourages kids to put the phone away and enjoy time spent with each and the outdoors.

Void All The Way Down - Stephen Hunt
2014-06-24

Captain Lana Fiveworlds has a hell of a lot of problems. She's sliding void in an ageing seven-hundred-year-old space ship, scrabbling around

the edges of civilised space trying to find a cargo lucrative enough to pay her bills without proving so risky that it'll kill her. She's got an alien religious freak for a navigator, an untrustworthy android for a first mate, a disgraced lizard for a trade negotiator and a deserter from the fleet acting as her chief engineer. And that was well before an ex-crewman turns up wanting Lana to rescue a barbarian prince from a long-failed colony world. Unfortunately for Lana, the problems she doesn't know about are even more dangerous. In fact, they just might be enough to destroy Lana's rickety but much-loved vessel, the Gravity Rose, and jettison her and her crew into the void without a spacesuit. But there's one thing you can never tell an independent space trader. That's the odds...

How to Break Up With Your Phone -
Catherine Price 2018-02-08

Is your phone the first thing you reach for when you wake up? And the last thing you see before you sleep? Do you find the hours slip away as

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you idly scroll through your social media timeline? In short, are you addicted to your phone? If so, *How to Break Up with Your Phone* is here to help. *How to Break Up With Your Phone* is a smart, practical and useful plan to help you conquer your mobile phone addiction in just 30 days - and take back your life in the process. Recent studies have shown that spending extended time on our phones affects our ability to form new memories, think deeply, focus and absorb information, and the hormones triggered every time we hear our phones buzz both add to our stress levels and are the hallmark signs of addiction. In *How to Break Up with Your Phone*, award-winning science journalist Catherine Price explores the effects that our constant connectivity is having on our brains, bodies, relationships, and society at large and asks, how much time do you really want to spend on your phone? Over the course of 30 days, Catherine will guide you through an easy-to-follow plan that enables you to identify your

goals, priorities and bad habits, tidy your apps, prune your email, and take time away. Lastly, you will create a new, healthier relationship with your phone and establish habits and routines to ensure this new relationship sticks. You don't have to give up your phone forever; instead you will be more mindful not only of how you use your phone, but also about how you choose to spend the precious moments of your life.

All the Way Down - Stewart Foster 2023-07-06

A life-affirming story about friendship, adventure and self-belief, from the award-winning author of *The Bubble Boy*. Perfect for fans of Louis Sachar's *Holes* and Elle McNicoll's *A Kind of Spark*. When three eleven-year-old 'problem children' are thrown together at summer camp, they're challenged to build a place to live together for the next week. But after a trip to a disused tin-mine goes awry, Milo and his new friends, Oscar and Effie, soon find themselves split off from the group and trapped underground. Can they work through their

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individual issues and come together as a team to find their way to freedom?

Make Time - Jake Knapp 2018-09-27

'If you want to achieve more (without going nuts), read this book.' - Charles Duhigg, bestselling author of *The Power of Habit* and *Smarter Faster Better* 'Make Time is essential reading for anyone who wants to create a happier, more successful life.' - Gretchen Rubin, author of *The Happiness Project* _____ Most of our time is spent by default. We all wish for more hours in the day. We all struggle to make time for what matters. Help is here. Productivity experts Jake Knapp and John Zeratsky have created a four-step framework that anyone can use, packed with more than 80 tactics to help you design your day around the things that matter. Tactics such as: · Choose a daily highlight · Be the boss of your phone · Stay out of social media infinity pools · Slow your inbox · Make TV a 'sometimes treat' · Exercise every day (but don't be a hero) · Eat without screens · Go

off grid · Spend time with your tribe · Make your bedroom a bed room With tips and tricks to help you change your life, it's time to stop daydreaming about projects and activities that you'll get to 'someday', and start that someday today.

A Savage Presence - WL Knightly 2020-10-23 Now that Connor Cohen is dead, Silas Cohen is free to live the life he wants. But there are still two men in the way. When Enzo Juarez tries to make a new deal with Fiona, her good intentions get the best of her and she unexpectedly puts Silas in danger. Can Alex's connections save them this time? All bets are off when it's every man for themselves in this series' finale.

Dead Woman Crossing - J.R. Adler 2020-09-23 'Brilliant - oh my word you can book after book after book but every so often a gem will emerge and this is one of them.... Totally blown away with how good the storyline is... and that conclusion, never saw it coming!' Goodreads Reviewer, [REDACTED] She threw open the door,

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running to the crib. When she looked inside, she gasped. The world around her went silent. Inside, there was nothing but a small stuffed elephant. Where was her baby? When young, single mother Hannah is found murdered by the banks of a twisting Oklahoma creek, her one-year-old daughter sleeping in a stroller near her body, the small town of Dead Woman Crossing reels in horror. Detective Kimberley King, recently relocated from New York to Oklahoma, with her young daughter Jessica, can't ignore the similarity of Hannah's death to the case of Katie James, the woman that the town of Dead Woman Crossing is named after. Katie was murdered in front of her small daughter in 1905, on the banks of the same creek, and it seems that someone is drawing inspiration from the crime. Could this killer be a copycat? But as she interviews suspects, Kimberley is met with blank faces and closed lips. In a small town, people won't talk and when she pursues a promising lead, her own family turn their back on her.

Kimberley isn't afraid to ask questions, but when she receives a threatening note, she realises that, as a single mother to a young daughter, she might be putting herself dangerously in the killer's sights ... A gripping, atmospheric crime thriller inspired by true events, about a town on the edge of collapse and a murder that shakes the community. Dead Woman Crossing is perfect for fans of Rachel Caine, Lisa Regan and Jane Harper. Readers are loving Dead Woman Crossing: 'This book is simply excellent through and through. The lead character of Kimberley King is destined to become one of the great characters in the genre... the dialogue is punchy and begs you to just go for one more chapter, and the atmosphere is phenomenal. I truly felt like I was in the town where it was all taking place, the wind brushing my face as I hear the wheat stalks sway. J.R. Adler is a dynamite talent and the first book in this series was a grad slam so I am beyond excited to see where this series goes. If you like thrillers then... scratch that... if

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you like reading then you owe it to yourself to pick this up. It is one hell of an amazing ride' Goodreads Reviewer, [REDACTED] 'I was captivated from the beginning... I could hardly put the book down ...Loved it. 5 stars.' B is for Book Review, [REDACTED] 'Really enjoyed this book, can't wait for the next one in the series. It was unputdownable I read it in one sitting. It was tense and full of action that kept me entertained and engaged in the story. I had my suspicions but I was wrong, love that when you don't expect the bad guy or the ending. Very good book and I highly recommend!' Bonnie's Book Talk 'Very gripping... how this story comes together is just brilliant and Kimberley is so sassy can't wait for book 2 once you start you won't want to stop' Goodreads Reviewer, [REDACTED] 'The end is completely unexpected, and I can't wait to read the next book.' Goodreads Reviewer, [REDACTED] 'This book will grab you from its first pages! King is a lead character that women can relate to... It's a great book and looking forward to seeing more

of King and Walker in this series!' Goodreads Reviewer, [REDACTED] 'I was drawn in from the very first page and was totally engrossed until the very surprising ending! I cannot wait for the next one to come out!' Goodreads Reviewer 'You have to read this if you are a fan of well-written suspense that leaves you breathlessly turning the pages. Dead Woman Crossing by J.R. Adler exceeded my expectations, and I can't wait for what this author writes next.' Goodreads Reviewer 'A compelling read with some interesting characterisations and it certainly left me wanting to read more about Kimberley, Sam and Dead Woman Crossing.' Goodreads Reviewer, [REDACTED]

[How To Not Piss Off Your Wife * A Guide For Husbands To Keep Themselves Out Of Trouble By Keeping Their Wives Happy - Jessica Drenzo](#)

[Italian Ways: On and Off the Rails from Milan to Palermo](#) - Tim Parks 2014-05-05

An Italian travelogue describes the trains that

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traverse the country, from the architecture of old train stations to the new high-speed railways, and portrays the author's memorable encounters along the way.

All the Way Down - Eric Beetner 2019-01-07 Dale is a crooked cop. It started slow, but grew like a cancer and now he can't get out from under the thumb of Tat, a would-be kingpin in every vice he can turn a profit with. And now Dale's number is up—the top brass knows. But instead of getting busted, Dale gets an offer. The mayor's daughter is being held by Tat in his fortress built from an abandoned office tower. They want her back but if they storm the gates, Lauren is as good as dead. So they're sending Dale on what could very likely be a suicide mission: infiltrate Tat's fortress and bring her out alive. If the Mayor even really wants her alive... Floor by floor Dale and Lauren have to fight off an increasingly difficult and dangerous set of obstacles. Meanwhile, Dale's wife has her own troubles and some of the drug kingpin's

goons are only adding to an already rough day. The clock is ticking down along with the floors of the building and escape is looking less and less likely. But to save her, and to save himself, he must make it all the way down. Praise for ALL THE WAY DOWN: "Last chances, double crosses, and a cop who has to shoot his way out of a fortified skyscraper—what's not to love? All The Way Down rips. It's fast and fierce, like a guitar solo that hits all the sharpest notes." —Meg Gardiner, author of Into the Black Nowhere "Eric Beetner's All the Way Down is everything a reader could want from an action thriller—fast, suspenseful, and the right kind of outrageous. The stakes ratchet up with each harrowing surprise for crooked cop Dale and reporter Lauren, as they work together to escape the urban fortress of the city's maniacal kingpin. If every suicide mission was this much fun, we'd all sign on." —Glen Erik Hamilton, author of the Van Shaw thrillers "Beetner's Dale Burnett is a dirty cop trying to rescue someone

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from the clutches of the ruthless criminal he's been accepting money from...and fifteen floors of non-stop action follows! Beetner is a master at throwing more and more trouble at his heroes, and in *All the Way Down*, Dale gets hit with everything imaginable. No, check that—you will

not have imagined what happens on a couple of these floors. This book is an absolute blast.” —Frank Zafiro, creator and editor of *A Grifter's Song* “Relentless.” —Rob Hart, author of the *Ash McKenna* series

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