



The Power of Off: The Mindful Way to Stay Sane in a Virtual World

By Nancy Colier

Sounds True. Paperback. Condition: New. 240 pages. Have you ever caught yourself checking your smartphone while youre behind the wheel even though you know its dangerous Does your text alert chime make you interrupt a conversation with a person sitting right in front of you The compulsion to constantly check our devices plays on primal instincts, teaches Nancy Colier. Even lifelong meditators and people whove never suffered from addiction issues now find themselves caught in the subtle trap of these miraculous tools weve created. With The Power of Off, this respected therapist and author presents an essential resource for anyone struggling with the invasive influence of modern technology. She begins by examining how todays devices push our buttons so effectively, then offers self-evaluation tools and mindfulness practices to help us take back control of our lives. Here is a path for making use of the virtual world while still feeling good, having healthy relationships, and staying connected with what is genuinely meaningful in life. Addresses startling Internet and smartphone use statistics by offering a path toward peace of mind and genuine human connection Includes a 30-day digital detox program to kickstart a healthier relationship with technology Nancy Colier is a regular contributor...



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