

# Technology on Your Time: The Ultimate Guide to Taking Control of Your Digital Life

In our increasingly digital world, it's easy to feel like technology is controlling our lives. We're constantly bombarded with notifications, emails, and social media updates, and it can be hard to know how to use our devices without getting sucked into a never-ending vortex of distraction.



## Electricity for Young Makers: Fun and Easy Do-It-Yourself Projects (Make: Technology on Your Time)

by Marc de Vinck

★★★★☆ 4.4 out of 5

Language : English  
File size : 9747 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 82 pages



But what if you could use technology to your advantage? What if you could use your devices to help you be more productive, creative, and connected? That's where *Technology on Your Time* comes in.

### What is *Technology on Your Time*?

*Technology on Your Time* is the ultimate guide to helping you take control of your digital life. It's a comprehensive, practical resource that will teach you how to:

- Set boundaries around your technology use
- Create a digital detox plan
- Use technology to boost your productivity
- Manage your social media use
- Protect your privacy online

## **Who is *Technology on Your Time* for?**

*Technology on Your Time* is for anyone who wants to use technology to their advantage. It's for people who are feeling overwhelmed by the constant demands of technology, and for people who want to use their devices to live more productive, creative, and connected lives.

## **What's inside *Technology on Your Time*?**

*Technology on Your Time* is divided into four parts:

### **1. Part 1: The Basics**

This section covers the basics of digital detoxing, including how to set boundaries around your technology use, create a digital detox plan, and use technology to boost your productivity.

### **2. Part 2: Social Media Detox**

This section focuses on social media use, including how to manage your social media use, protect your privacy online, and use social media to connect with others.

### 3. **Part 3: Advanced Digital Detoxing**

This section covers more advanced topics, such as how to use technology to improve your sleep, reduce stress, and boost your creativity.

### 4. **Part 4: The Digital Detox Toolkit**

This section includes a variety of resources to help you implement the strategies outlined in the book, including worksheets, checklists, and templates.

#### **What people are saying about *Technology on Your Time***

"*Technology on Your Time* is a must-read for anyone who wants to use technology to their advantage. It's a comprehensive, practical guide that will help you take control of your digital life and use technology to live a more productive, creative, and connected life." - **Cal Newport, author of *Digital Minimalism***

"*Technology on Your Time* is the ultimate guide to digital detoxing. It's a well-written, easy-to-follow guide that will help you break free from the addiction to technology and live a more balanced life." - **Tristan Harris, co-founder of the Center for Humane Technology**

#### **Free Download your copy of *Technology on Your Time* today!**

*Technology on Your Time* is available now in paperback, ebook, and audiobook formats. Free Download your copy today and start taking control of your digital life!

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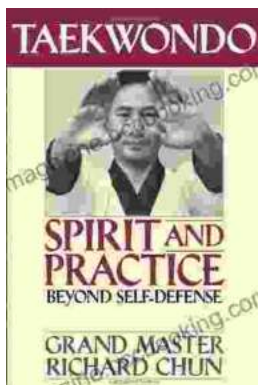


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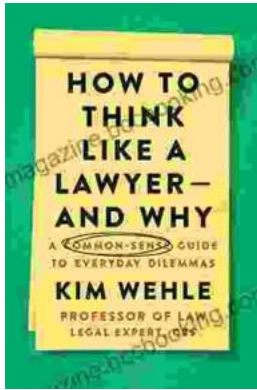
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