

Digital minimalism on living better with less technology pdf

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Digital minimalists are all around us Minimalism is the art of knowing how much is just enough. In this timely and enlightening book, the bestselling author of Deep Work introduces a philosophy for Digital Minimalism On Living Better With Less Tech The Longing for Less Kyle Chayka The New Yorker staff writer and Filterworld author Kyle Chayka The so-called digital minimalists who follow this philosophy constantly perform implicit cost-benefit analyses. It's the key to living a focused life in an increasingly noisy world. In this timely and enlightening book, the bestselling author of Deep Work introduces a philosophy for technology use that has already improved countless lives. In this timely and enlightening book, the It's the key to living a focused life in an increasingly noisy world. Even when a new technology promises to support something the minimalist values, it must still pass a stricter Cal Newport's Digital Minimalism on living better with less technology is about how the convenience of technology actually inconveniences us. In this timely book, Professor Cal Newport shows us how to pare back digital distractions and live better with less technology. It's the key to living a focused life in an increasingly noisy world. He introduces us to digital minimalists – the calm, happy people who can hold long conversations without Digital minimalism applies this idea to our personal technology. It's the key to living a focused life in an increasingly noisy world. The goal of this book is to make the case for digital minimalism, including a more detailed exploration of what it asks and why it works, and then to teach you how to adopt this In this book, you'll encounter many examples of digital minimalists who experienced massively positive changes by ruthlessly reducing their time spent online to focus on a Digital minimalism applies this idea to our personal technology. But it doesn't have to be that way. We thought instant messaging was a great way to communicate and create bridges, only to realize it has just made us feel more detached and has built faulty roads that lead to questionable destinations Cal Newport. Digital minimalism applies this idea to our personal technology. In this timely and enlightening book, the bestselling author of Deep Work introduces a philosophy for technology use that has already to technology is leaving us exhausted and overwhelmed. If a new technology offers little more than a minor diversion or trivial convenience, the minimalist will ignore it.

 Difficulté Moyen

 Durée 421 heure(s)

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 Coût 200 USD (\$)

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