



In Real Life: Searching for Connection in High-Tech Times

Jon Mitchell

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Technology can help us with some of our most difficult work. It can also offer us endless distractions. Can technology help us, as individuals and communities, in our most important task, that of being a good person?

Jon Mitchell sets out to identify and explore the ways in which we can develop a more thoughtful relationship with technology. Rather than only using our technological devices as a medium for connecting with the world, he recommends we rethink our relationship with technology, and see it as a resource that allows us to have a more intimate and personal relationship with ourselves and the world around us. Mitchell offers concrete practices for streamlining and improving the way we use technology in our daily lives.

Writing in a relatable, conversational, easy-to-read style, Mitchell draws on his years of experience as a tech journalist and mindfulness practitioner to propose a rethinking of both the design of technology and its use.



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