



Unplug Every Day: 365 Ways to Log Off and Live Better

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This inspiring journal offers 365 achievable ways to take small breaks from technology with simple suggestions that encourage journalers to unplug from electronics and appreciate their surroundings. With a year's worth of digital-detox prompts, this chunky gift book also offers journaling space for readers to reflect on the power of unplugging.

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Leslie Mickle:

The experience that you get from Unplug Every Day: 365 Ways to Log Off and Live Better is a more deep you rooting the information that hide inside the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to comprehend but Unplug Every Day: 365 Ways to Log Off and Live Better giving you joy feeling of reading. The writer conveys their point in certain way that can be understood by means of anyone who read the item because the author of this guide is well-known enough. This particular book also makes your own vocabulary increase well. So it is easy to understand then can go along with you, both in printed or e-book style are available. We highly recommend you for having this Unplug Every Day: 365 Ways to Log Off and Live Better instantly.

Dennis Mock:

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