

# Digital Detox

A practical guide to less screen time and more real life: understanding your phone habits, a healthy relationship with social media, phone-free moments, a calm digital home, screen rules for the family and a 30-day digital detox challenge.

## E-BOOK • US LETTER

- Less screen time, more real life
- Habits, social media, family and focus
- Screen time log and 30-day challenge

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*A practical guide to less screen time and more real life: understanding your phone habits, a healthy relationship with social media, phone-free moments, a calm digital home, screen rules for the family and a 30-day digital detox challenge.*

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This e-book offers general tips for healthier screen habits. It is not medical or psychological advice. If you feel that your phone, gaming or internet use is out of control, or if it affects your mood, sleep, work or relationships, talk to your doctor or a professional counselor.

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