



Mindful Tech: A Simple, Powerful Program to Use Digital Technologies More Effectively and with Less Stress

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From email to smart phones, and from social media to Google searches, digital technologies have transformed the way we learn, entertain ourselves, socialize, and work. Despite their usefulness, these technologies have often led to information overload, stress, and distraction. In recent years many of us have begun to look at the pluses and minuses of our online lives and to ask how we might more skillfully use the tools we've developed.

David M. Levy, who has lived his life between the “fast world” of high tech and the “slow world” of contemplation, offers a welcome guide to being more relaxed, attentive, and emotionally balanced while online. In a series of exercises carefully designed to help readers observe and reflect on their own use, Levy has readers watch themselves closely while emailing and while multitasking, and then commit themselves to unplugging for a specified period. Never prescriptive, the book opens up new avenues for self-inquiry and will allow readers—in the workplace, in the classroom, and in the privacy of their homes—to make meaningful and powerful changes.

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From Reader Review Mindful Tech: A Simple, Powerful Program to Use Digital Technologies More Effectively and with Less Stress for online ebook

Jen says

Given my background knowledge with mindfulness, this book was "ok" for me. I can envision it rating much higher for people who are forming a noting practice.

Nick says

“So many of the discussions we are now having about the digital world tend to be based around simplistic dualisms. We ask whether texting is good or bad for us, or whether the Internet is making us smart or stupid. But when we look at the richness of our own experience online, we have the chance to discover when and how texting is helpful and when it isn’t, or when being online is productive and illuminating and when it isn’t.”

Lorianne DiSabato says

Mindful Tech is filled with exercises encouraging readers to observe how they interact with technology, and it’s encouraged me to revisit and reflect upon my own use of email, social media, and other apps, not with a prescriptive aim of telling me how I should interact with technology but by encouraging me to ask honest questions of myself. Why do I check email or interact with social media the way I do, and how well are those choices working for me?

Kevin says

I received this book as a First Reads giveaway. This is a great book contributing to the conversation on how to best utilize technologies that have the tendency to distract and cause stress in our everyday lives. I recommend reading the first 3 chapters thoroughly, skim through the exercises, then read the last two chapters and decide if you want to go back and try the exercises. While I did not perform or follow any of the exercises from start to finish, I can still foresee some value in them; the breathing and observation exercises seem particularly useful. I may try them in the future whenever I feel like I am being negatively impacted by my online habits. In the very least, Mindful Tech will challenge you to examine your own habits and be aware of the effects they have on your happiness and production.

Roxanne says

Wish this had been more engaging, to be honest. The tips make good sense and are likely good life advice, but this wasn't the gripping, reflective read I had hoped it might be.

Jennifer Brady says

A must read. Not a fast read if you take the time to thoughtfully complete all of the exercises, but a must read if you desire a way to be more mindful in your actions, both with and without, technology.

J Crossley says

One way to remove the stress caused by always being “on” is to focus on your breathing and posture. Being more aware of technology will allow you to make changes in how you use it. Become more mindful of the way that you utilize technology by noting your patterns. By changing your patterns, you can use technology as a tool to be productive rather than as a master that cannot let you have a moment of peace.

Aerandir says

An intriguing book with some very helpful suggestions for exercises to evaluate our interaction with technologies (especially email and social media) and feedback from students of the course Mr Levy has been teaching. It was heartening to read that other people from different walks of life were also struggling in finding a balance between their online and off-line worlds. However, at times Mr Levy appeared to be very self-centered, going at length about the types of courses he was teaching and showing very little interest in research (although some snippets from various sources were quoted). I found a passage regarding what the policy of using technology in a class-room setting to be very compelling - should it be banned altogether, limited (to only applications related to the class - no internet), or should it be the decision of the student how to use it...the book offers some suggestions and a lot of questions which hopefully will spark a constructive debate.

Johnny Stork says

A good introduction to how we can better manage the digital technologies in our lives emphasizing a mindful, self-guided & self-reflective approach. Although somewhat sparse leaving room for a far more in-depth review of the current science around Internet and social-media addiction and some of the psychological effects these technologies are having in our lives. What is needed are more practical strategies, tools and even IMPROVED technologies to better manage our use of those devices.

Ted says

I mention the idea of "mindful technology use" to friends and coworkers on a regular basis. I found the lessons Levy discusses - the techniques and skills for regaining control over our digital lives - invaluable.

Lauren says

Mixing traditional meditation practices with modern technology, *Mindful Tech* suggests a way to find a balance within our wired world. The bulk of the book is a series of exercises to help increase productivity and focus and avoiding the mindless black hole that Internet browsing can sometimes become, which are useful but become mind-numbingly repetitive. All the same, *Mindful Tech* is a good guide for finding sanity in a way that doesn't require moving off the grid to go live in a forest. Recommended.

Samantha Hines says

Simple actionable steps, sourced in research, on how to get the most out of technology and reduce stress.

Fiona says

This book was written as textbook for the class the author teaches, and while efforts have been made to make it suitable for a wider audience, it fails as an entertaining guide for the general public. The writing suffers from academic self-reference and over defining while the activities necessitate peer participation to be effective. Anyone suffering from tech-overload or anxiety would doubtless find this book quite helpful but I am not one of those people and I was disappointed that the book was really just about being more self-aware.

I recieved an ARC of this book through GoodReads.

Jenn says

Accessible writing; interesting exercises. I haven't taken the course he teaches that uses this (at the UW iSchool) but I've had him for two other classes; good instructor.

Jonathan Hiskes says

See my full review at Seattle Review of Books. <http://www.seattlereviewofbooks.com/r...>
