



## How to Tame Technology and Get Your Life Back: Teach Yourself

By Kevin Duncan

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, How to Tame Technology and Get Your Life Back: Teach Yourself, Kevin Duncan, Technology can be a wonderful thing. It can also be a curse when it overwhelms us. If your phone, computer or other devices are beginning to rule your life, then you need help. We don't have to be ruled by our machines. It's time for us humans to fight back. 'How to Tame Technology' tells you exactly what to do, practical tips and simple things that you can do to regain control. Take the test and find out just how addicted you are - then learn how to cure yourself. 'I can't talk now, I'm on the phone' For those of us suffering from technological overload, it's time to pause and think. Author and Plain English commentator Kevin Duncan has trained and advised some of the UK's top companies, including Saatchi & Saatchi and Shell, in how to cope with all this. This thought-provoking book grapples with just how addicted we have become to technology and offers a set of ideas to help wean us off our technological drugs and lead a more fulfilling life. It...



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