

75 Everyday Practices for Restoring Balance in the Digital Age

In today's "always on" world, it can be difficult to find balance. We're constantly bombarded with information, messages, and notifications, and it can be hard to know when to unplug and recharge. The book "75 Everyday Practices for Finding Balance in Our Always On World" provides simple, practical tips for restoring balance in our lives. The author, Dr. Leslie Hart, is a clinical psychologist and expert on mindfulness and stress reduction. She offers a wealth of wisdom and guidance in this book, including:

- How to set boundaries around technology use
- How to create a more mindful and present experience
- How to manage stress and anxiety
- How to improve sleep quality
- How to connect with others in a meaningful way

The book is divided into seven sections, each of which focuses on a different aspect of balance. The sections are:



Getting Away: 75 Everyday Practices for Finding Balance in Our Always-On World by Jon Staff

★★★★☆ 4.9 out of 5

Language : English

File size : 109345 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled
Print length : 367 pages



1. **Unplug and Recharge:** This section provides tips for reducing technology use and creating more time for relaxation.
2. **Mindful Moments:** This section teaches simple mindfulness practices that can be used to reduce stress and increase focus.
3. **Manage Stress and Anxiety:** This section provides strategies for coping with stress and anxiety in healthy ways.
4. **Improve Sleep Quality:** This section offers tips for getting a good night's sleep.
5. **Connect with Others:** This section provides advice on building strong relationships and connecting with others in a meaningful way.
6. **Find Balance in the Workplace:** This section offers tips for managing work-life balance and reducing stress at work.
7. **The Journey of Balance:** This section provides a framework for creating a more balanced life.

The book is full of practical advice that can be easily applied to our daily lives. Dr. Hart provides clear instructions and examples for each practice, making it easy to get started. She also includes personal stories and anecdotes that help to illustrate the benefits of living a more balanced life.

If you're feeling overwhelmed by the demands of modern life, "75 Everyday Practices for Finding Balance in Our Always On World" is a great resource.

Dr. Hart's wise and compassionate guidance can help you create a more balanced and fulfilling life.

About the Author

Dr. Leslie Hart is a clinical psychologist and expert on mindfulness and stress reduction. She has over 20 years of experience in the field of mental health, and she has helped thousands of people find balance and peace in their lives. Dr. Hart is also a sought-after speaker and author. She has written several books on mindfulness and stress reduction, including "Mindfulness for Beginners" and "The Mindful Path to Stress Reduction." She is also a regular contributor to The Huffington Post and Psychology Today.

Reviews

"75 Everyday Practices for Finding Balance in Our Always On World" has received rave reviews from critics and readers alike. Here are a few excerpts from reviews:

- "This book is a lifesaver. I was feeling so overwhelmed by the demands of modern life, but Dr. Hart's wise and compassionate guidance has helped me find balance and peace." - Our Book Library reviewer
- "Dr. Hart's book is full of practical advice that can be easily applied to our daily lives. I've already started using some of the practices, and I'm feeling much more balanced and less stressed." - Goodreads reviewer
- "This book is a must-read for anyone who is feeling overwhelmed by the demands of modern life. Dr. Hart provides a clear and

compassionate roadmap for finding balance and peace." - Publishers Weekly

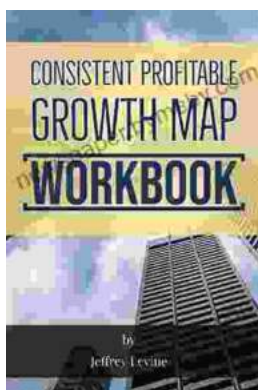
If you're looking for a book that can help you find balance in your life, "75 Everyday Practices for Finding Balance in Our Always On World" is a great choice. Dr. Hart's wise and compassionate guidance can help you create a more balanced and fulfilling life.



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