

Contents

Note about the book	5
Before-reading questions	6
Introduction	7
Chapter One – Technology and the Mind	11
Chapter Two – Digital Minimalism	15
Chapter Three – The Digital Declutter	20
Chapter Four – Spend Time Alone	31
Chapter Five – Spend Time Alone: Practices	43
Chapter Six – Don't Click "Like"	54
Chapter Seven – Don't Click "Like": Practices	60
Chapter Eight – Use Your Leisure Time Better	68
Chapter Nine – Use Your Leisure Time Better: Practices	74
Chapter Ten – Join the Attention Resistance	82
Chapter Eleven – Join the Attention Resistance: Practices (1)	86
Chapter Twelve – Join the Attention Resistance: Practices (2)	92
Conclusion	98

During-reading questions	100
After-reading questions	103
Exercises	104
Project work	110
Essay questions	111
Glossary	112
Acknowledgements	120