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**The Common Rule** Justin Whitmel Earley, 2023-03-14 Habits form us more than we form them Though we yearn for the freedom of the gospel we remain anxious people shackled by our screens and exhausted by our routines The answer is a rule of life that aligns our habits with our beliefs Justin Earley provides doable life giving practices to find freedom and rest for your soul

*Your Happiness Was Hacked* Vivek Wadhwa, Alex Salkever, 2018-06-26 Wadhwa and Salkever have written a great book to help us understand our addiction to technology and suggest what we can do about it Andr's Oppenheimer columnist for the Miami Herald joint winner of the 1987 Pulitzer Prize Technology your master or your friend Do you feel ruled by your smartphone and enslaved by your email or social network activities Digital technology is making us miserable say bestselling authors and former tech executives Vivek Wadhwa and Alex Salkever We've become a tribe of tech addicts and it's not entirely our fault Taking advantage of vulnerabilities in human brain function tech companies entice us to overdose on technology interaction This damages our lives work families and friendships Swipe driven dating apps train us to evaluate people like products diminishing our relationships At work we email on average seventy seven times a day ruining our concentration At home light from our screens is contributing to epidemic sleep deprivation But we can reclaim our lives without dismissing technology The authors explain how to avoid getting hooked on tech and how to define and control the roles that tech is playing and could play in our lives And they provide a guide to technological and personal tools for regaining control This readable book turns personal observation into a handy action guide to adapting to our new reality of omnipresent technology Technology is a great servant but a terrible master This is the most important book ever written about one of the most significant aspects of our lives the consequences of our addiction to online technology and how we can liberate ourselves and our children from it Dean Ornish New York Times bestselling author of Undo It

**System**, 1916 **System** Arch Wilkinson Shaw, 1927 *All the Year Round*, 1874 **U.S. Egg and Poultry**

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