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Ian Pickup

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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

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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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