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	Autore	Dancer, Edward N.
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	Autore	Gaines Dan
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	Pubbl/distr/stampa	Chicago : , : Dan Gaines, , 2020 ©2020
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Nota di contenuto

Intro -- Pagina do Titulo -- Pagina dos Direitos Autorais -- Como Ser Um Minimalista Digital: Simplifique Sua Vida e Elimine a Desordem Usando a Tecnologia -- Direitos Autorais 2019 | Terceira Edicao, Notas de Licenca.

Sommario/riassunto

Dan Gaines' book 'Como Ser Um Minimalista Digital' offers guidance on simplifying life and reducing clutter through mindful use of technology. It emphasizes digital minimalism as a lifestyle choice, encouraging individuals to carefully select and manage technological tools that align with their values and enhance their lives. The book outlines a structured four-step process, starting with a 30-day detox from optional technologies, followed by implementing operational procedures, rediscovering meaningful activities, and reintroducing technology with intention. Aimed at individuals seeking to regain control over their digital habits, the book underscores the importance of making deliberate choices to foster a more balanced and fulfilling relationship with technology.
