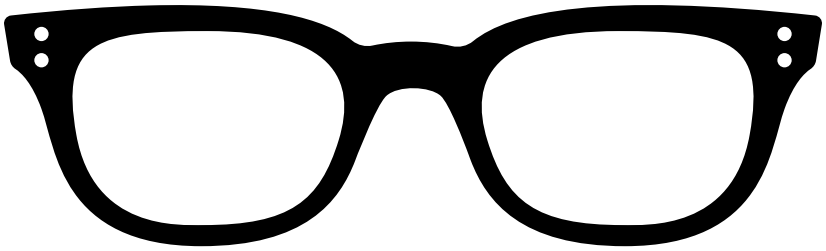
Recommended Reads on Digital Balance



Tech's Impact on Kids

* Alone Together: Why We Expect More from Technology and Less From Each Other – Sherry Turkle
* Glow Kids – How the Internet is Hijacking our Kids - Nicholas Kardaras
* Reclaiming Conversation: The Power of Talk in a Digital Age – Sherry Turkle
* Screen Schooled: Two Veteran Teachers Expose How Technology Overuse is Making Our Kids Dumber – Joe Clement & Matt Miles

Tech's Impact on Daily Life

* A World Without Email – Cal Newport
* Amusing Ourselves to Death – Neil Postman
* The Attention Merchants: The Epic Scramble to Get Inside Our Heads – Tim Wu
* Digital Minimalism – Cal Newport
* Dopamine Nation – Anna Lembke
* The Filter Bubble – Eli Pariser
* Futureproof – Kevin Roose
* Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked – Adam Alter
* The Shallows: What the Internet is Doing to Our Brains – Nicholas Carr
* Stolen Focus – Johann Hari
* Your Happiness was Hacked: What the Internet is Doing to Our Brains – Vivek Wadhwa & Alex Salver
* Zucked: Waking Up to the Facebook Catastrophe – Roger McNamee