



Boundaries in an Overconnected World: Setting Limits to Preserve Your Focus, Privacy, Relationships, and Sanity

Anne Katherine

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Over the past decade, 24-7 connectivity has given us not only convenience and fun but worries about privacy, intrusions into family time, and new compulsions — from shopping to tweeting and cute cat watching. Anne Katherine, one of the first authors to bring healthy boundary setting to a mass audience, has now written a book on how to do this with technology. Rather than rejecting online life, Katherine shows readers how to make social media, smartphones, and other innovations work *for*, rather than against, them. Readers learn to protect themselves online — from predators and data mining as well as from time-devouring friends and acquaintances — with an emphasis on preserving and optimizing meaningful personal connections. Anyone who has ever wondered if their cute little gadget was actually an enemy invader will welcome Katherine’s strategies for ensuring that “your life is truly your own.”

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