How To Tame Technology and Get Your Life Back: A Teach Yourself Guide

Kevin Duncan

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Ready to unplug? Learn how to reclaim your life from all your gadgets at home and at work

If you are suffering from technological overload, it's time to pause and think. Author Kevin Duncan's *How to Tame Technology and Get Your Life Back* offers a set of ideas to help wean us off our technological drugs and lead a more fulfilling life.

First, test how serious your condition is, then apply Kevin's proven solutions to your life, including rapid sequential tasking, communicating concisely, and using the best method of communication for the job. The author's advice helps you prioritize the way you use mobile phones, email, and social networking and gives you the gift of time and perspective.

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