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Conscious Digital Detox: A 10-Day Guidebook to Re-Treat, Re-Meet and Re-Turn to Yourself

Molly McCord

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Meditate more. Scroll less.
Unplug longer. Feel stronger.

A wise part of us knows that technology has become too much of a co-dependent and unconscious habit that is slowly draining our daily zest for living a satisfying, meaningful existence.

Do you feel overwhelmed? Anxious? Lost in comparison with others' lives? Too self-conscious about selfies and your appearance? Tethered to your phone excessively? Hyper-aware of what everyone else is doing and feel like you aren't doing enough in your life?

There is a reason why:
We are addicted to digital junk food.

Are you ready to return to the art of daily rituals, listening to your inner messages, and a simple focus on joy?

In this unique 10 day journey, discover inspiring ways to open up even more to your expansive talents and inner sources of happiness that are always waiting for you - if you would just stop scrolling.

With a realistic focus that our digital devices are here to stay, this guidebook will help you find it easier and more freeing to step away from a keyboard and tap into the natural highs of living with less electronic connections and more conscious presence on a daily basis.

You'll be invited to re-prioritize your time and look at new possibilities in your life over the course of 10 days. What is essential and what is an unconscious habit? Where do you find joy and where to you waste time? Are you disconnecting from your heart and unconsciously suppressing your own needs?

~~Re-Treat to a safe place that invites you to discover more natural sources of happiness – no charging devices required.

~~Re-Meet more of your Divine self that is tapping you on the shoulder and trying to get your attention, just above that screen in your hands.

~~Re-Turn to another world that is eagerly awaiting your presence: the natural world, your inner world, the creative world, or the spiritual world.

Get ready to experience wonderful guidance and conscious presence as YOU open up to yourself more as the natural source of fresh energy infusion.

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From reader reviews:

Christopher Slowik:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled Conscious Digital Detox: A 10-Day Guidebook to Re-Treat, Re-Meet and Re-Turn to Yourself can be great book to read. May be it might be best activity to you.

Rodney Richardson:

Reading can called brain hangout, why? Because while you are reading a book particularly book entitled Conscious Digital Detox: A 10-Day Guidebook to Re-Treat, Re-Meet and Re-Turn to Yourself your head will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely can be your mind friends. Imaging each and every word written in a e-book then become one contact form conclusion and explanation which maybe you never get just before. The Conscious Digital Detox: A 10-Day Guidebook to Re-Treat, Re-Meet and Re-Turn to Yourself giving you one more experience more than blown away the mind but also giving you useful info for your better life on this era. So now let us teach you the relaxing pattern this is your body and mind are going to be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

Brett Nash:

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William McCown:

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