



# The Digital Diet: The 4-step plan to break your tech addiction and regain balance in your life

*Daniel Sieberg*

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We all know someone who needs a digital diet.

Technology has overwhelmed our daily lives to the point of constant distraction. Many of us can no longer focus on a single task or face-to-face conversation without wanting to reach out—or retreat—to the virtual world every few minutes.

Science and technology reporter and recovering digital addict Daniel Sieberg has devised a foolproof 4-step plan to help you regain control, focus, and true connection in your life.

Step 1//Re: Think:

Consider how technology has overwhelmed our society and the effect it's had on your physical, mental, and emotional health.

Step 2//Re: Boot:

Take stock of your digital intake using Sieberg's Virtual Weight Index and step back from the device.

Step 3//Re: Connect:

Focus on restoring the relationships that have been harmed by the technology in your life.

Step 4//Re: Vitalize:

Learn how to live with technology—the healthy way, by optimizing your time spent e-mailing, texting, on Facebook, and web surfing.

This program will enable families to communicate better, employees to be more productive, and friends to stay in touch. Sieberg teaches us how to manage and use the technology in our lives to our advantage, without letting it control us.

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