

Unplugged

Unplugged

From the New York Times bestselling author of *The Unteachables*, Gordon Korman, comes a hilarious middle grade novel about a group of kids forced to “unplug” at a wellness camp—where they instead find intrigue, adventure, and a whole lot of chaos. Perfect for fans of Korman’s *Ungifted* and the *Masterminds* series, as well as Carl Hiaasen’s eco mysteries. As the son of the world’s most famous tech billionaire, spoiled Jett Baranov has always gotten what he wanted. So when his father’s private jet drops him in the middle of the Arkansas wilderness, at a place called the Oasis, Jett can’t believe it. He’s forced to hand over his cell phone, eat grainy veggie patties, and participate in wholesome activities with the other kids, who he has absolutely no interest in hanging out with. As the weeks go on, Jett starts to get used to the unplugged life and even bonds with the other kids over their discovery of a baby-lizard-turned-pet, Needles. But he can’t help noticing that the adults at the Oasis are acting really strange. Jett is determined to get to the bottom of things, but can he convince everybody that he is no longer just a spoiled brat who is making trouble?

Unplugged

We're looking at our wrists not only to check the time, but also to see how much we've moved, monitor our heart rate, and see how we're stacking up against yesterday's tallies. By 2020, the global market for fitness-focused apps and devices is expected to grow to \$30 billion. The authors believe we are turning rich experience into yet another task we need to complete to meet our daily goals. They encourage you to reconnect to your instincts and the natural world, and avoid the common mistakes that most people make with wearables and tracking apps.

Doug Unplugged

****Check out the Doug Unplugs animated series on Apple TV!**** It's easy being a robot, if you play by all the rules—but when Doug gets curious, he decides to unplug and forge his own path. And he discovers a whole world of what's possible. Doug is a robot. His parents want him to be smart, so each morning they plug him in and start the information download. After a morning spent learning facts about the city, Doug suspects he could learn even more about the city by going outside and exploring it. And so Doug . . . unplugs. What follows is an exciting day of adventure and discovery. Doug learns amazing things by doing and seeing and touching and listening—and above all, by interacting with a new friend. Dan Yaccarino's funny story of robot rebellion is a great reminder that sometimes the best way to learn about the world is to go out and be in it. Praise for *Doug Unplugged*: “A gentle robotic rebellion.” —USA Today A sweet tale . . . Yaccarino [is] especially good at slipping in the small, nourishing details that are savored upon repeated readings.” —The New York Times

Unplugged

A delightful picture book about the wonders of all the fun you can have inside AND outside, by the award-winning Steve Antony, author of the bestselling *Please Mr Panda*. BLIP spends all day plugged into her computer, playing games and having fun. But when there is a POWER CUT, Blip goes down the stairs and out the front door, where she discovers playing games and having fun . . . OUTSIDE. Isn't it wonderful to be UNPLUGGED? By Steve Antony, winner of the Oscar's First Book Prize, nominated for the Kate Greenaway Medal and shortlisted for the Waterstone's Children's Book Prize. “[A] gorgeous piece of propaganda for going outside.” & “[T]he book is so elegantly illustrated and cleverly conceived.”

Unplugged

WARNING: THIS VIDEO GAME MAY IMPAIR YOUR JUDGMENT. IT MAY CAUSE SLEEP DEPRIVATION, ALIENATION OF FRIENDS AND FAMILY, WEIGHT LOSS OR GAIN, NEGLECT OF YOUR BASIC NEEDS AS WELL AS THE NEEDS OF LOVED ONES AND/OR DEPENDENTS, AND DECREASED PERFORMANCE ON THE JOB. THE DISTINCTION BETWEEN FANTASY AND REALITY MAY BECOME BLURRED. PLAY AT YOUR OWN RISK. NOT RESPONSIBLE FOR SUICIDE ATTEMPTS. No such warning was included on the latest and greatest release from the Warcraft series of massive multiplayer online role-playing games—World of Warcraft (WoW). So when Ryan Van Cleave—a college professor, husband, father, and one of the 11.5 million Warcraft subscribers worldwide—found himself teetering on the edge of the Arlington Memorial Bridge, he had no one to blame but himself. He had neglected his wife and children and had jeopardized his livelihood, all for the rush of living a life of high adventure in a virtual world. A fabulously written and gripping tale, *Unplugged* takes you on a journey through the author's semireclusive life with video games at the center of his experiences. Even when he was sexually molested by a young school teacher at age eleven, it was the promise of a new video game that had lured him to her house. As Ryan's life progresses, we witness the evolution of video games—from simple two-button consoles to today's multikey technology, brilliantly designed to keep the user actively participating. For Ryan, the virtual world was a siren-song he couldn't ignore, no matter the cost. As is the case with most recovering addicts, Ryan eventually hit rock bottom and shares with you his ongoing battle to control his impulses to play, providing prescriptive advice and resources for those caught in the grip of this very real addiction.

Grace Unplugged

Grace Trey is an eighteen-year-old singer as passionate about her Christian faith as she is her phenomenal, God-given musical talent. Both traits come from her father, one-hit wonder Johnny Tray who found Jesus after losing his chart success two decades ago. When Grace encounters her own music break of a lifetime, the sudden dive into the "real world" puts her deeper beliefs to the test. Pop superstardom is just within reach but appears to require some spiritual compromise. Will Grace reject her faith, or will she own it? *Grace Unplugged* is based on the motion picture of the same name starring AJ Michalka (*Super 8*) and Kevin Pollak (*A Few Good Men*).

Unplugged Play

From the joy of smearing glue on paper to the screaming delight of a bubble-blowing relay, kids love to play. In fact, it's every kid's built-in tool for experiencing the world at large. A parent-friendly encyclopedia, *UNPLUGGED PLAY* ("A wonderful guide," says Daniel Goleman) offers hundreds and hundreds of battery-free, screen-free, chirp-and-beep-free games and fun variations that stretch the imagination, spark creativity, building strong bodies, and forge deep friendships...and keep kids busy at the table while mom or dad makes dinner.

Algorithms Unplugged

Algorithms specify the way computers process information and how they execute tasks. Many recent technological innovations and achievements rely on algorithmic ideas – they facilitate new applications in science, medicine, production, logistics, traffic, communication and entertainment. Efficient algorithms not only enable your personal computer to execute the newest generation of games with features unimaginable only a few years ago, they are also key to several recent scientific breakthroughs – for example, the sequencing of the human genome would not have been possible without the invention of new algorithmic ideas that speed up computations by several orders of magnitude. The greatest improvements in the area of algorithms rely on beautiful ideas for tackling computational tasks more efficiently. The problems solved are

not restricted to arithmetic tasks in a narrow sense but often relate to exciting questions of nonmathematical flavor, such as: How can I find the exit out of a maze? How can I partition a treasure map so that the treasure can only be found if all parts of the map are recombined? How should I plan my trip to minimize cost? Solving these challenging problems requires logical reasoning, geometric and combinatorial imagination, and, last but not least, creativity – the skills needed for the design and analysis of algorithms. In this book we present some of the most beautiful algorithmic ideas in 41 articles written in colloquial, nontechnical language. Most of the articles arose out of an initiative among German-language universities to communicate the fascination of algorithms and computer science to high-school students. The book can be understood without any prior knowledge of algorithms and computing, and it will be an enlightening and fun read for students and interested adults.

The Unplugged Family Activity Book

"The Unplugged Family Activity Book is your guide to exploring the natural world as a family, with dozens of outdoor and indoor activities, recipes, and crafts!"--

Baby, Unplugged

"Combining a journalist's investigative eye with her unborn second child as an experimental guinea pig, Baby, Unplugged draws on Sophie Brickman's own experiences as a journalist and parent to try to discover what aspects of technology are actually helpful, which are making us crazy, and most importantly, how we might learn to trust ourselves and our instincts again when it comes to raising children"--

The Sixties Unplugged

If you remember the Sixties, quipped Robin Williams, you weren't there. That was, of course, an oblique reference to the mind-bending drugs that clouded perception. Yet time has proven an equally effective hallucinogen. This book revisits the Sixties we forgot or somehow failed to witness. In a kaleidoscopic global tour of the decade, Gerard DeGroot reminds us that the Ballad of the Green Berets outsold Give Peace a Chance, that the Students for a Democratic Society were outnumbered by Young Americans for Freedom, that revolution was always a pipe dream, and that the Sixties belong to Reagan and de Gaulle more than to Kennedy and Dubcek. The Sixties Unplugged shows how opportunity was squandered, and why nostalgia for the decade has obscured sordidness and futility. DeGroot returns us to a time in which idealism, tolerance, and creativity gave way to cynicism, chauvinism, and materialism. He presents the Sixties as a drama acted out on stages around the world, a theater of the absurd in which China's Cultural Revolution proved to be the worst atrocity of the twentieth century, the Six-Day War a disaster for every nation in the Middle East, and a million slaughtered Indonesians martyrs to greed. The Sixties Unplugged restores to an era the prevalent disorder and inconvenient truths that longing, wistfulness, and distance have obscured. In an impressionistic journey through a tumultuous decade, DeGroot offers an object lesson in the distortions nostalgia can create as it strives to impose order on memory and value on mayhem.

The Unplugged Alpha (2nd Edition)

Most men today are sent off into society with a broken belief system, which they use to make choices that get them terrible results with life and women. Men have been conditioned to be the quintessential "nice guy." They're trained to be overly humble, kind to a fault, and that just "being themselves" is enough to attract the women of their dreams. Men are told to believe that conventional masculinity is toxic, and to put women ahead of their own interests, passions, and purpose. This has led to an entire generation of men forming very unhealthy attachments to women that they, unfortunately, often make the sole focus of their lives. The No.1 best-selling self improvement book to levelling-up in life and with women has been updated. Do you really want to succeed in every area of your life? If so, then this book explains: What the seven spokes of a high-

value man are (and the importance of maximizing each of them). How to become one of the 20% of men women swipe right for in online dating. Why it's absolutely essential to get genuine burning desire from a woman who wants to date you (and willingly remain inside your frame). The top 21 red flags you need to spot in women for a long-term relationship. Answers 'why is dating hard for men these days.' Why smart men avoid marriage. And so much more. The 2nd Edition of The Unplugged Alpha expands upon the concepts and experiences delivered in the original release, which has gone on to help over 200,000+ readers to focus on chasing excellence in their lives. In turn, giving them not only the cold, hard truth, but also the skills needed for choosing women that truly compliment them and their life vision.

Unplugged

Zendaya Fernwood carries with her a secret. The world around her is a lie, an ingeniously designed digital prison for the mind. Escape occupies her every thought. Freedom is her goal and nothing will stop her from unplugging. What awaits Zendaya is a fate far worse than she could have imagined. Beyond her prison is a scorched earth where man and machine wage war in a seemingly endless campaign of suffering. There is hope on the horizon, a unique figure with the potential of rising from the shadows of the scorched earth to make a difference. To finally, after so very long, give humans the freedom they deserve.

Unplugged and Unpopular

After Erin Song's parents ban her from using her phone, TV, Internet, and all her screens, she soon discovers mysterious, strange creatures and must foil their plot to take over Earth in this hilarious sci-fi graphic novel for tweens. Erin Song lives in a digital world. Everyone has a phone, a tablet, a computer—more screens than you can count. Even with a world of information at her fingertips, Erin can't figure out the secret to popularity at her clique-y junior high school. So when uber-popular Wendy asks for help cheating on a test, Erin jumps at the opportunity. This could be her big break! Unfortunately, she gets caught, and her parents ban her from all her devices. Suddenly, Erin Song is the only girl in the world who's not allowed to look at a screen. And that's when Erin notices something funny: small, furry aliens making humans disappear with a weird device Erin's never seen before. No one else notices them, though—except Erin's grandmother and two old men who run the local library. They've discovered that the aliens are using screens to control the human race, tricking them into thinking they aren't really there—and that anyone who's been abducted never existed. Now it's up to Erin and her grandmother to save the day! But without technology on their side, do they stand a chance?

Algebra Unplugged

"Explains the basic concepts, vocabulary and strategies of algebra. No exercises, just clear writing, humor and information."--Page 4 of cover.

Kids Unplugged

Tired of the younguns being wired? Set aside their tablets, phones, and computers and have them take a dive into Kids Unplugged! In these fun-filled activity books, young adventurers will learn about the natural world and all the amazing creatures in it as they work their way through the puzzles and activities. Whether they're at home or on the go, this book is sure to engage and educate without using the net! 64 pages for hours of fun. Plenty of nature facts to make this book fun and educational. Puzzles including word searches, complete-the-pictures, and more. Coloring and drawing pages. Ideas for hands-on activities. Fill-in-the-blank prompt pages to exercise kids imaginations.

Teaching Unplugged

Teaching Unplugged is the first book to deal comprehensively with the approach in English Language Teaching known as Dogme ELT. It challenges not only the way we view teaching, but also the way we view being a teacher. Dogme ELT advocates teaching 'unplugged': a materials-light, conversation-driven philosophy of teaching that, above all, focuses on the learner and on emergent language. Teaching Unplugged was awarded the British Council ELTons UK Award for Innovation in 2010.

Unplugged Ninja

Unplugged Ninja wasn't always so calm, cool, and collected. He used to suffer from a bit of screen addiction. Find out what happens in this comedic book about finding balance in a world full of technology. Life is hard! And it's even harder for children who are just trying to figure things out. The new children's book series, Ninja Life Hacks, was developed to help children learn valuable life skills. Fun, pint-size characters in comedic books easy enough for young readers, yet witty enough for adults. The Ninja Life Hacks book series is geared to kids 3-11. Perfect for boys, girls, early readers, primary school students, or toddlers. Excellent resource for counselors, parents, and teachers alike. Collect all the Ninja Life Hacks books: marynhin.com/ninjaset.html Fun, free printables at marynhin.com/ninja-printables.html

The Unplugged Family Activity Book

Get ready for kid-approved ideas that celebrate the great outdoors year round! Whether you're building forts or making fresh cider, there's something for every kid and every season. What might unfold if we put away our devices for an hour, a day, or even longer? What adventures await, when we press pause on technology? The Unplugged Family Activity Book invites you and your loved ones to connect, create, and celebrate all year long. With more than 50 projects, crafts, and recipes, plus ideas for seasonal celebrations to share with family and friends, there's fun to be had, all through the year. Host a springtime tea party, where you'll nibble shortbread cookies and make a mossy teacup fairy garden. Or gather with friends for a summer potluck party. Blow giant bubbles, race leaf-and-bark boats, or camp out in your own backyard. In the fall, enjoy a harvest party with your friends! Create a fall leaf rainbow, sip mulled cider, and bake bread over a campfire. When winter comes, celebrate the longest night of the year with twinkling ice lanterns. Try your hand at candle dipping and pen your wishes for the coming year. You'll find instruction and recipes for: Candied violets Herbal first aid balm Rose petal tea Infused honey Homemade ice cream Summer flower bunting Homemade dragonfly wings Felted acorn necklaces Autumn gratitude tree Decorative lanterns Baked apples Winter stargazing Maple lollipops Dried citrus garland Plus dozens more crafts, projects, and recipes! In The Unplugged Family Activity Book, you'll fall in love with every season—wherever you call home. So grab your family and friends, and get ready for an adventure that will last all through the year!

Summer Unplugged

Dive into this best-selling teen romance today. Over 150,000 copies sold! If you love small town romance, summer love, and happy endings, this series is for you. Bayleigh is addicted to her cell phone and her mom has had enough. After catching her sending a less than lady-like photo to a boy who barely knows her, Bayleigh's mom sends her away to her grandparent's house for the summer--sans cell phone, laptop and iPod. Bayleigh thinks the summer will be torture without social media...that is until she meets the boy next door. Note: This book may contain language and suggestive situations that aren't suitable for younger readers. "Great story and wonderful characters." - Amazon Reviewer "This is one of those books that grabs your attention in the first few words and sucks you in!!" -Amazon Reviewer "Jace's actions prove that he's a gentleman who will do anything for the girl he loves!" -Amazon Reviewer "This was a really good book. It seems like this book understands what some teens are going through. This is a must read. You don't even have to be a teen to read it! 5 stars!!" - Amazon Reviewer "This book is so good! It gave me the feels." - Amazon Reviewer "One of the best books I've read. Anyone who likes romance will fall in love with this book and the series in general." - Amazon Reviewer Also available: Part 2 - Autumn Unlocked Part 3 - Winter Untold Part 4 - Spring Unleashed Part 5 - The Beginning of Forever - A full length novel Part 6 -

Autumn Adventure Part 7 - Winter Wonderful Part 8 - The Girl with my Heart (a novel from Jace's point of view) Part 9 - Autumn Awakening Part 10 - Winter Whirlwind Part 11- Unplugged Summer ~Also available in audio book, narrated by Disney channel actress Cheryl Texiera!!~ Plus the spin-off series: The Summer Series Summer Alone Summer Together Summer Apart Summer Forever Jett's Series Believe in Me Believe in Us Believe in Forever Believe in Love Believe in Summer Believe in Fall Believe in Winter Believe in Spring Forever and a Day A Young Adult Romance Series Search Keywords: Young adult romance, ya romance, complete series, teen romance, teen romance series, Amy Sparling books, Summer love, dirt bike books, motocross books, new adult romance, teen fiction, ya fiction, free book, free ya books, free teen romance, bestselling romance, USA Today bestselling author, bestselling series, first in series free, contemporary romance, teen books,

Unplugged

A dark, irreverent, coming of middle-age story about giving up what you always thought you wanted in order to figure out what it is that you actually want.

Unplugged Play: Preschool

Unplug Your Preschooler with more than 200 screen-free games and activities! “Just plain fun!... Will help parents give their children the kind of childhood that more and more children are missing.”—Mary Piper, PhD., author of *Reviving Ophelia* *Saving the Selves of Adolescent Girls* From *Animal Doctor* to *Lunch Bag Puppet*, *Letter Hunt* to *Life-Size Me*, here are more than 200 screen-free games and activities to help kids enjoy the wholesome, old-fashioned experience of playing creatively and freely...without technology. There are outdoor games and indoor games, games to play solo and games to play with others, arts and crafts, songs and rhymes, playdates and party favorites—even instant activities to do at the kitchen table while dinner's cooking. All games are preschooler-tested and approved. A note to parents: Play matters! Technology has its place, but these unplugged games are designed to stretch the imagination, spark creativity, build strong bodies, and forge deeper connections with family and friends.

Teaching Computing Unplugged in Primary Schools

Teaching primary computing without computers? The Computing curriculum is a challenge for primary school teachers. The realities of primary school resources mean limited access to computer hardware. But computing is about more than computers. Important aspects of the fundamental principles and concepts of computer science can be taught without any hardware. Children can learn to analyse problems and computational terms and apply computational thinking to solve problems without turning on a computer. This book shows you how you can teach computing through ‘unplugged’ activities. It provides lesson examples and everyday activities to help teachers and pupils explore computing concepts in a concrete way, accelerating their understanding and grasp of key ideas such as abstraction, logic, algorithms and data representation. The unplugged approach is physical and collaborative, using kinaesthetic learning to help make computing concepts more meaningful and memorable. This book will help you to elevate your teaching, and your children's learning of computing beyond the available hardware. It focuses on the building blocks of understanding required for computation thinking.

Notorious

A funny, suspenseful mystery and unlikely friendship story from New York Times bestselling author Gordon Korman—perfect for fans of *Swindle* and *Ungifted*. Keenan has lived all over the world but nowhere quite as strange as Centerlight Island, which is split between the United States and Canada. The only thing weirder than Centerlight itself is his neighbor Zarabeth, aka ZeeBee. ZeeBee is obsessed with the island's history as a Prohibition-era smuggling route. She's also convinced that her beloved dog, Barney, was murdered—something Keenan finds pretty hard to believe. Just about everyone on Centerlight is a suspect,

because everyone hated Barney, a huge dog—part mastiff, part rottweiler—notorious for terrorizing the community. Accompanied by a mild-mannered new dog who is practically Barney’s opposite, ZeeBee enlists Keenan’s help to solve the mystery. As Keenan and ZeeBee start to unravel the clues, they uncover a shocking conspiracy that dates back to Centerlight’s gangster past. The good news is that Keenan may have found the best friend he’s ever had. The bad news is that the stakes are sky-high. And now someone is after them. . . .

What's Your Worldview?

2014 Popular Theology Book of the Year - World Magazine How do you view the world? It's a big question. And how you answer is one of the most important things about you. Not sure what you'd say? Join James Anderson on an interactive journey of discovery aimed at helping you understand and evaluate the options when it comes to identifying your worldview. Cast in the mold of a classic \"Choose Your Own Adventure\" story, What's Your Worldview? will guide you toward finding intellectually satisfying answers to life's biggest questions—equipping you to think carefully about not only what you believe but why you believe it and how it impacts the rest of your life.

Cody Unplugged

Concerned that his television and video habits have gotten out of hand, Cody's parents send him to Camp Bear where he learns to experience real life rather than virtual reality.

Dot Unplugged

Can Dot and her family make it through a rainy day without any tech? It’s pouring rain, and the power’s gone out at Dot’s house. Should they take it as a challenge to honor the National Day of Unplugging? Playing outside is out of the question, and so is using the many devices Dot is accustomed to. But what might the basement hold? Dot, her friend Hal, Mom, Dad, and Scratch find lots of exciting stuff, including an old spinner game. It turns out it’s super fun to watch Dad do charades, Mom speed-sculpt from clay, Hal tweet-sing a song, and Dot hunt for something surprising. Their improvised game keeps them so entertained, they just might decide to stay unplugged a bit longer!

Unplugged

\"Medical technology has helped mankind conquer tuberculosis, polio, and countless other once certain-death diseases. It has given us hope against cancer and AIDS, allowed heart and brain surgeries that have saved untold numbers of lives, and delivered us from the pain and crippling legacy of injury. Medical technology, it seems, is a never-ending string of miracles. But it is also a double-edged sword. More often than not, death today happens because of a decision to stop doing something, or to not do it at all. As the tragic life and death of Terri Schiavo so poignantly illustrated, universal definitions of life, death, nature, and many other concepts are elusive at best. Unplugged addresses the fundamental questions of the right-to-die debate, and discusses how the medical advances that bring so much hope and healing have also helped to create today's dilemma. This compelling book explores recent high-profile cases, including that of Mrs. Schiavo, and illuminates the complex legal, ethical, medical, and deeply personal issues of a debate that ultimately affects us all. Compassionate and beautifully written, the book helps readers understand the implications of current laws and proposed legislation, various medical options (including hospice), and the typical end-of-life decisions we all must face in order to make informed decisions for ourselves and our loved ones.\"

Unplugged Play: Grade School

Unplug your grade-schooler with 200 screen-free games and activities! “A terrific prescription for much of

what ails children and parents today.”—Richard Louv, author of *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder* From Fortune-Teller to Draw Me a Story, Spillin’ the Beans to Monkeyshines, here are more than 200 screen-free games and activities to help kids enjoy the wholesome, old-fashioned experience of playing creatively and freely... without technology. There are outdoor games and indoor games, games to play solo and games to play with others, guessing games, arts and crafts, musical fun, and party favorites—even instant activities to do at the kitchen table while dinner’s cooking. All games are big kid-tested and approved! A note to parents: Play matters! Technology has its place, but these unplugged games are designed to stretch the imagination, spark creativity, build strong bodies, and forge deeper connections with family and friends.

ABBA - Unplugged

In April 1974, 500 million television viewers across Europe witnessed the bizarrely thrilling sight of four garishly-dressed unknowns from Sweden storm their way to victory in the Eurovision Song Contest. The song was 'Waterloo'. Abba had arrived. Over the next three decades, the band moved on through an almost unbroken succession of hit albums and singles. Abba have sold some 400 million records around the world, and their songs inspired a musical which since opening in October 2001 has been seen by more than 10 million people. In *Abba: Unplugged*, Karl French, a journalist and author specialising in popular culture, brings his inimitable wry perception to bear on the band's whole story. Born in Sweden, and raised in England, he comes to the subject as someone with first-hand knowledge of the very particular social and political climate from which Abba emerged. He has been a fan - although not necessarily an uncritical one - for three decades.

Experience Nature Unplugged

You hold in your hands a beacon of light in our overly distracted digital world. Sebastian Slovin and Sonya Mohamed are co-founders of the wellness education organization Nature Unplugged. Since 2012, they have worked with thousands of clients - families, working professionals, educators and students - through workshops, coaching, and retreats, to help them cultivate wellness in the digital age. In their newest book, *Experience Nature Unplugged: A Guide to Wellness in the Digital Age*, they not only detail the problem - why we are so obsessed with our screens and devices - but more importantly, focus on how to find solutions that work. Breaking free from the clutches of technology overuse isn't just a nice idea; it's something that is absolutely achievable. These pages hold the same ideas, research, methods and tools that have consistently worked for Nature Unplugged clients, and they are now available to you. This book is for anyone looking to navigate today's noisy digital world with more intention. It's a step-by-step journey toward wellness and balance in the digital age.

Life Unplugged

Life Unplugged makes digital detox easy with alternative activities and better ways to feel connected to your friends, family, and the world around you. By unplugging your electronics, you'll be able to take that much-needed vacation you've been craving. For busy entrepreneurs and families, it can seem impossible to find time for yourself or to stay connected to your loved ones, but with *Life Unplugged*, staying connected is much simpler than you imagine. This workbook guides you through ways to de-stress, cultivate mindfulness, and improve your mood and health while also helping you find balance and joy in your daily life through digital detox. It's the mini vacation without the extra cost of actually going away and all the wellness benefits you need for a more fulfilling lifestyle. Declutter your phone and minimize the number of apps in your devices. Cut down the amount of electronics you use. Find alternate activities to integrate into your daily routine like meditation and forest bathing. Journal it out with writing prompts to help you get your creative juices flowing. Discover how to optimize your free time, so you're more productive throughout your day. With this life-changing journal, you'll learn to live without being attached to your phone, TV, laptop, or social media. It can be as easy as taking a few breaks from your digital devices a day to make you feel

refreshed, enlightened, and purposeful. Sleep better and improve your overall mental and physical health by taking a break from the internet. The practice of digital detoxing has proven to improve your memory, posture, blood pressure, and give you greater feelings of gratitude and happiness. Live a more connected, purposeful life by staying in tune with the world around you.

Anesthesia Unplugged, Second Edition

An engaging and effective way to learn all the essential anesthesia procedures More than any other text, Anesthesia Unplugged, 2e disarmingly demystifies anesthesiology. Featuring an easy-to-navigate atlas-style design, this skill-sharpening book delivers step-by-step instruction on the entire spectrum of perioperative, ambulatory, regional, and general procedures. Essential for anesthesiology residents, student registered nurse anesthetists, medical students with an interest in anesthesiology, and Intensive Care Unit personnel, Anesthesia Unplugged, 2e features: Authoritative, complete coverage of all relevant anesthesia procedures, from the IV and laryngoscopy, to the combined spinal-epidural and transesophageal echocardiography An efficient organization featuring one procedure per chapter Critical information broken down into manageable chunks and templates – ideal for busy residents and clinicians 600 high-quality photographs and illustrations that put key anesthesia procedures into proper clinical perspective Amusing insights you won't get anywhere else with chapters that include: The Mask of Zorro: Mask Ventilation; Whiz-Bang Intubation Gizmos; PICC Lines – Just Really, Really Long IVs; Goodnight, Sleep Tight: Setup and Mask Induction for Pediatric Patients; The Lung's Not Down, You Idiot! – Lung Isolation; Thoracic Epidurals—What's the Big Deal?; Stand By Me: The Femoral Arterial Line

Unplugged

Upset that her family is so focused on the screens on their various electronic devices that they no longer talk, laugh, and play games together, Ella takes all of their chargers and small devices.

The Tech Diet

Brad Marshall provides real-life strategies that any parent can implement to create a healthy balance and put your kids' development first. Based on solid psychological research explaining why screen addiction is so powerful, the jargon-free advice gives a clear plan for parents who have had enough and are serious about changing the way their kids use and interact with technology. The Tech Diet for your Child & Teen contains:

- Ways to apply workable solutions for excessive internet use and gaming rather than fighting about it - Advice on how to take control of the Wi-Fi and manage smartphones and data - Practical tips to help survive the school holidays - How to tackle kids telling you they are doing 'homework' while switching screens - A holistic plan that puts your child's wellbeing first, screens second - Special information for children with conditions such as ADHD, Autism Spectrum Disorders, Anxiety and Depression.

UNPLUGGED

If you need a free PDF practice set of this book for your studies, feel free to reach out to me at cbsenet4u@gmail.com, and I'll send you a copy! THE UNPLUGGED MCQ (MULTIPLE CHOICE QUESTIONS) SERVES AS A VALUABLE RESOURCE FOR INDIVIDUALS AIMING TO DEEPEN THEIR UNDERSTANDING OF VARIOUS COMPETITIVE EXAMS, CLASS TESTS, QUIZ COMPETITIONS, AND SIMILAR ASSESSMENTS. WITH ITS EXTENSIVE COLLECTION OF MCQS, THIS BOOK EMPOWERS YOU TO ASSESS YOUR GRASP OF THE SUBJECT MATTER AND YOUR PROFICIENCY LEVEL. BY ENGAGING WITH THESE MULTIPLE-CHOICE QUESTIONS, YOU CAN IMPROVE YOUR KNOWLEDGE OF THE SUBJECT, IDENTIFY AREAS FOR IMPROVEMENT, AND LAY A SOLID FOUNDATION. DIVE INTO THE UNPLUGGED MCQ TO EXPAND YOUR UNPLUGGED KNOWLEDGE AND EXCEL IN QUIZ COMPETITIONS, ACADEMIC STUDIES, OR PROFESSIONAL ENDEAVORS. THE ANSWERS TO THE QUESTIONS ARE PROVIDED AT THE

END OF EACH PAGE, MAKING IT EASY FOR PARTICIPANTS TO VERIFY THEIR ANSWERS AND PREPARE EFFECTIVELY.

Man Unplugged

Man Unplugged is an exploration of what it means to be a man in the 21st century. It explores subjects such as health, depression, divorce, sexuality and suicide, as well as providing solutions to encourage men to live authentic lives.

The Unplugged Hours

Join the Challenge: One Thousand Unplugged Hours in One Year Former social media addict, Hannah Brencher discovered first-hand that turning off her phone had a substantial impact on her mental health, relationships, time management, and outlook on the world. Like so many of us, Hannah had been turning to her phone to cope with life in a time of isolation and uncertainty. But those coping mechanisms had become habits she didn't know how to break until she truly committed herself to one simple yet profound act: log 1,000 phone-free hours in a year. Now, in *The Unplugged Hours*, she demonstrates how the act of powering down and reducing the habit of a constantly plugged-in lifestyle can change your entire life. No matter what you do for a living, how much time your apps save you, or how much entertainment your phone brings, it is possible to unplug—and rediscover the richness of life on the other side. A powerful weaving of memoir, cultural commentary, and spiritual insights, this life-changing book will help you: Reclaim your ability to be present and engaged with the world around you. Swap the hurried, constant pace of technology for a steadier, more rooted way of living. Establish your own unplugged rituals and rhythms in daily life. *The Unplugged Hours* gives you the practical ideas and spiritual inspiration you need to stop scrolling and start living. So join the challenge: put your phone down and live your life.

Unplugged

The system wants you weak. This book is your eviction notice to woke lies. Tired of being shamed for ambition while bankrolling a society that calls you \"toxic\"? Sick of losing your kids, cash, and dignity to no-fault divorce gynocracy? Ever wonder why \"equality\" feels like a chainsaw to your biological purpose? - Expose the real stats feminists don't want you to see. - Transform beta compliance into unbreakable leadership. - Weaponize evolutionary psychology to dominate sexual strategy. - Escape the marriage plantation's legal enslavement. - Reverse-engineer civilizations built by masculine genius. - Turn stoicism into armor against mental health traps. - Replace woke indoctrination with Spartan-level discipline. - Leverage dominance hierarchies to silence critics and win. If you want to dismantle the anti-male matrix, reignite primal purpose, and rule your life like the patriarch you were born to be—buy this book today. Stop surviving. Start conquering.

Into the Bloodred Woods

This is Martha Brockenbrough's feminist twisting of the Brother Grimms' stories, Game of Thrones-style. Once upon a time there was a kingdom and a forest that liked to eat men and a girl who would change everything, but not alone . . . Except- There's no such thing as once upon a time. In a far away land, populated by were beasts and surrounded by a powerful forest, lies a kingdom about to be sent into chaos. On his deathbed, King Tyran divides his land, leaving half to each of his two children-so they'll rule together. However, his son, Albrecht, is not satisfied with half a kingdom. And even though his sister, Ursula, is the first born, he decides that as a girl and were bear, she is unfit to rule. So he invades her land, slaughtering her people and most of the were beasts, and claims it for himself. As King Albrecht builds his iron rule and an army of beasts to defend his reign, Ursula is gathering the survivors and making plans to seize back the kingdom. Not just her half-the whole thing. Because Albrecht should have never been allowed to sit on the throne, and Ursula is going to take his crown. And if he's not careful, he might not get to keep his head either.

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