



# Unplug Every Day: 365 Ways to Log Off and Live Better

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# Unplug Every Day: 365 Ways to Log Off and Live Better

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## **Unplug Every Day: 365 Ways to Log Off and Live Better** Chronicle Books

This inspiring journal offers 365 achievable ways to take small breaks from technology with simple suggestions that encourage journalers to unplug from electronics and appreciate their surroundings. With a year's worth of digital-detox prompts, this chunky gift book also offers journaling space for readers to reflect on the power of unplugging.

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