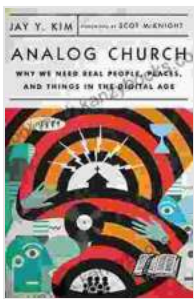


In the Digital Age, We Need Real People, Places, and Things

In the digital age, we spend more and more of our time interacting with screens and devices. We work, play, and socialize online. And while technology has brought many benefits, it has also had a negative impact on our relationships with real people, places, and things.



Analog Church: Why We Need Real People, Places, and Things in the Digital Age by Jay Y. Kim

★★★★☆ 4.6 out of 5

Language : English
File size : 6935 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 207 pages



In his new book, *Why We Need Real People Places And Things In The Digital Age*, author Matthew Crawford argues that our increasing reliance on technology is eroding our ability to connect with the world around us. He explores the ways in which digital technologies are changing our brains, our bodies, and our social interactions. And he offers a compelling case for why we need to make more time for real-world experiences.

Crawford begins by arguing that digital technologies are rewiring our brains. We are spending more and more time in front of screens, and this is leading to changes in the way we process information. We are becoming more accustomed to multitasking and rapid-fire stimulation. And we are losing our ability to focus and concentrate.

These changes in our brains are also having a negative impact on our bodies. We are becoming more sedentary, and we are spending less time outdoors. This is leading to a rise in obesity, heart disease, and other health problems.

In addition to the physical effects, digital technologies are also having a negative impact on our social interactions. We are spending less time talking to each other in person, and we are more likely to interact with others online. This is leading to a decline in social skills and a rise in loneliness.

Crawford argues that we need to make more time for real-world experiences. We need to spend more time with friends and family, and we need to spend more time outdoors. We need to make time for activities that we enjoy, and we need to make time for relaxation.

Why We Need Real People Places And Things In The Digital Age is a timely and important book. Crawford offers a compelling case for why we need to make more time for real-world experiences. He shows us how digital technologies are changing our brains, our bodies, and our social interactions. And he offers practical advice for how we can make more time for the things that matter most.

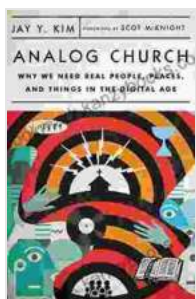
About the Author

Matthew Crawford is a philosopher, mechanic, and author. He is the author of the bestselling book *Shop Class as Soulcraft: An Inquiry into the Value of Work*. He is also a contributing editor to *The New Atlantis* and a fellow at the Institute for Advanced Study in Princeton.

Praise for *Why We Need Real People Places And Things In The Digital Age*

"Crawford's book is a powerful and persuasive indictment of our digital age. He shows us how technology is eroding our ability to connect with the world around us. And he offers a compelling case for why we need to make more time for real-world experiences." - **Sherry Turkle, author of *Reclaiming Conversation: The Power of Talk in a Digital Age***

"Crawford's book is a must-read for anyone who is concerned about the impact of technology on our lives. He offers a clear-eyed and insightful analysis of the challenges we face in the digital age. And he provides practical advice for how we can make more time for the things that matter most." - **Andrew Sullivan, author of *The Conservative Soul***



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