GHT – 1401 Digital Detox

Do you know how to balance yours?

I’m talking about the balance between being connected with this, or your life.

Here’s the deal. The average user checks their “device” 150 times a day. Come on.

Why so much? Research shows that the rush of an electronic social connection can be as addictive… as drugs.

And every time you’re connected with this, means you’re not connected with real life.

You know, like actual talking, playing, doing fun stuff with your family and friends – creating memories.

The solution – it’s called “digital detox”

And whole families are reclaiming their lives by making digital detox contracts.

See? Rules with rewards and agreed consequences. No exceptions for parents either.

Simple rules that connect us more with life.

Now see how much balance you can put back into your life – with less of this… and more of life.