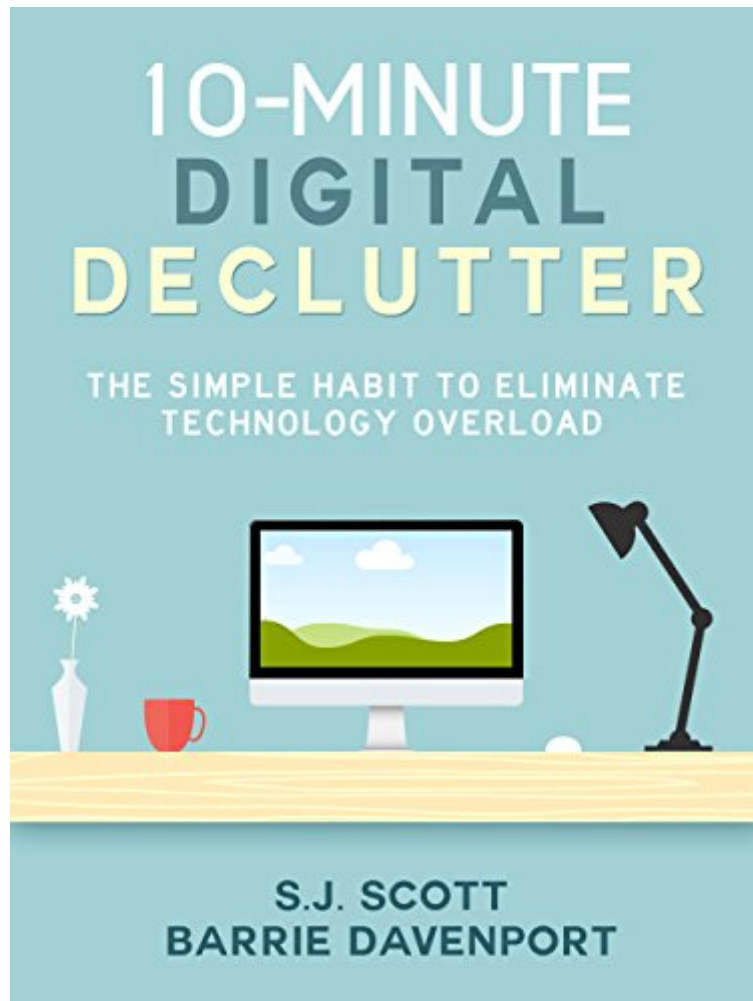# 10-Minute Digital Declutter: The Simple Habit To Eliminate Technology Overload

Synopsis

DISCOVER: How to Declutter Your Digital Life and Stop Feeling Overwhelmed by Your Online ActivitiesDon't like how your digital devices have become a disorganized mess? Tired of wasting hours on social media sites like Facebook, Pinterest, Instagram or Twitter? Or do you simply want to live a more simplified life? All these challenges are covered in the book: 10-Minute Digital Declutter: The Simple Habit to Eliminate Technology Overload About 10-Minute Digital DeclutterBestselling authors S.J. Scott and Barrie Davenport will show you how to systematically manage all the emails, media, documents, photos, videos, and apps that consume your daily life. This book is written for the person who is starting to recognize the danger of digital noise, but doesn't know how to live in this modern world without feeling overwhelmed. It's also for those who need a system for the information they do want. Not only will you get back more time, you'll also discover core strategies for maximizing the time you spend in the digital world. If you have a desire to live an organized, simplified digital life -- and to reclaim some of the time you spend with digital devices -- then download 10-Minute Digital Declutter today.Why You Should Check Out 10-Minute Digital DeclutterThis book will be a good fit if you:Feel overwhelmed by the sheer volume of information on your devices Can't easily find the emails, documents, or websites you're looking forHave little time to tackle a big digital declutter and organizing projectFeel embarrassed and drained by the clutter and disorganizationFind yourself afraid to delete anything for fear you might need it one dayFeel yourself giving away too much time and energy to the virtual worldWould like to change your priorities and learn to step away from your devices more oftenGet complaints from your boss, spouse, or family members about your digital clutter or disorganization, or about the time you spend onlineSimply desire a more organized, minimalist lifestyleThe bottom line?If you have a desire to live an organized, simplified digital life -- and to reclaim some of the time you spend with digital devices -- then you should check out 10-Minute Digital Declutter.Take action now! Pick up your copy today by clicking the Buy Now button at the top of this page

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Customer Reviews

I was given a copy of this book, based on my interest in similar books, and I was excited to read and review it. I finished it two weeks ago.At first, I would have given the book 3 stars. The authors tend to exaggerate the dangers of social media and technology use to the point of fear-mongering. That put me off.I also thought the 10-Minute title was misleading. There are a lot of activities presented in this book, and they take a lot more than 10 minutes. I was overwhelmed when first reading it. Making all the changes presented might take months, honestly, and I'm not committed to that.However, two weeks later, I have taken several of the suggestions in this book. I whittled down my email subscriptions to a few choice items. I set better time limits on checking in online. I removed a few social media apps from my phone. And I plan to revamp my computer storage to a system similar to what's presented here, but more fitting to my own use.Being able to visualize exactly what I want to do with my online time has helped me not get sucked in quite so much. And I am finding that I have a lot of time in the day to do things I want to do without the constant need for input. There's a study presented in here about rats pulling a lever for rewards. I've since adopted it for myself. I now ask, "Am I just pulling the lever here, hoping for some random reward?"Because I found so many of the suggestions helpful, I'm bumping this up to four stars.If you feel like you are spending too much time managing online "stuff" or interactions, you might enjoy the tips in this book. Just beware all the anti-technology language.

Whether you want to have a better career, health or relationships, you must establish good habits. In their latest book â œ10-Minute Digital Declutter,â • Steve Scott and Barrie Davenport discuss the

counterproductive effects of Internet addiction. I was surprised to learn that Internet addiction shrinks brain volume in a region responsible for cognition, executive planning and emotion. It also engages the same feedback loop system associated with addiction.The authors provide an action plan that helps you identify your priorities and realign your actions. Like other books in Steve Scottâ™s Developing Good Habit series, â œ10-Minute Digital Declutterâ• uses powerful techniques like anchoring desired behaviors to established routines, accountability and rewarding yourself. They chose 10-minute-increments to make the task less intimidating. My favorite topic was the strategies for minimizing social media activity, which discusses the use of a timer to limit your time in the virtual world. If your computer files are in disarray, you will appreciate the detailed section on how to create a simple filing system that describes the use of active and archive folders. You will also find action items designed to declutter your tablets and smartphones as well recommendations for apps that you should consider downloading like Evernote and Basecamp.I received an advanced complimentary copy of â œ10-Minute Digital Declutterâ• for an honest review. It is a great tool for anyone who needs to rejoin the real world or organize his or her digital technology.

I received this book in exchange for my honest review, so here it is:My favorite part of this book is on page 24, where the authors ask you to answer some questions about your values and how you want to spend your time. It really sets the tone and got me thinking about the fact that spending time on social media, playing games on my phone and surfing the web don't even register as priorities in my life yet I spend so much time on them. This is something I've been thinking about since I did the exercise and it alone has changed my online habits.I also love the 10 minute breakdown of tasks as it's extremely feasible for anyone, and even if it takes a year, at least it will get done. My biggest issues photo storage. I wish the book had more concrete suggestions about this, i.e. what's the best free place to store photos and videos, how do I get them there, etc. That's what I need, and the book wasn't too helpful there. For emails and files, though, I think the authors offer fantastic organizational tips that absolutely can be done in 10 minute increments. They also give great suggestions for limiting social media time; things I've been doing for a while now and they've been life-changing (truly).I think this book is important for everyone - it's a quick, easy read and the authors are very likable and relatable. Highly recommend.

Steve and Barrie have partnered to produce another excellent book in the 'habits' genre. Their latest collaboration is an all-encompassing reference manual. They have touched upon every aspect of our digital lives, and remind us of how easy it is to become overwhelmed by digital debris! Whatever

area of your digital life needs cleaning out, you will find how to go about it here. The 10-minute habit is one that can be universally applied to any area of our busy lives. The secret is to apply the 10-minute habit to those places in our lives that need and deserve it. The genius of this book is that Steve and Barrie will show you exactly how to maximize your 10-minute commitment. They take you step-by-step in each digital area. This is a valuable go-to book when you are ready to start de-cluttering your digital life. It is thorough and detailed. They have covered all the bases. I recommend this book to everyone who is ready to take the de-cluttering leap. It requires only 10 consistent minutes of your time.The only criticism I have has nothing to do with the de-cluttering process itself. The Introduction takes the reader back to our pre-digital days. The authors write nostalgically of the time before digital gadgets were present in the family unit. Referring to families gathered around the radio after dinner and pre-TV, you're going way-way back to the early-to-mid 1940s, more than 70 years ago. The authors could have begun their look back in the early 80s to make their point about "the good old days" before our current digital addiction.

10-Minute Digital Declutter: The Simple Habit to Eliminate Technology Overload Superhuman by Habit: A Guide to Becoming the Best Possible Version of Yourself, One Tiny Habit at a Time Declutter: Rediscovering your home. Declutter at once.: Getting the Maximum Use of Every Room. Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking Simple Life: Declutter Challenge - Cleaning & Organizing Your Life with Feng Shui (For Health, Happiness, Less Stuff, Cleaner Home, More Money) by New Free World Books Bit Literacy: Productivity in the Age of Information and E-mail Overload Find Your Focus Zone: An Effective New Plan to Defeat Distraction and Overload Iron Overload and Chelation in Thalassaemia (A Symposium Held During the 2nd International Conference on Thalassemia and the Hemoglobinopathies, Hera) The Overload Syndrome: Learning to Live Within Your Limits (Guidebook) Overload and Boredom: Essays on the Quality of Life in the Information Society (Contributions in Sociology) Sixty-Minute Seder: Preserving the Essence of the Passover Haggadah (Sixty-Minute Collection) The 15 Minute Focus: SPORTS VISION: Exercises For Improving Peripheral Vision, Hand-Eye Coordination, and Tracking Ability (The 15 Minute Fix Book 14) 1 Minute Core: Strengthen Your Core In Only 1 Minute? The 5-Minute Clinical Consult 2017 (The 5-Minute Consult Series) The 5-Minute Pediatric Consult Premium – Online and Print (The 5-Minute Consult Series) The 5-Minute Clinical Consult Standard 2015: 30-Day Enhanced Online Access + Print (The 5-Minute Consult Series) The 5-Minute Obstetrics and Gynecology Consult (The 5-Minute Consult Series) The 5-Minute Pain Management Consult (The 5-Minute Consult

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