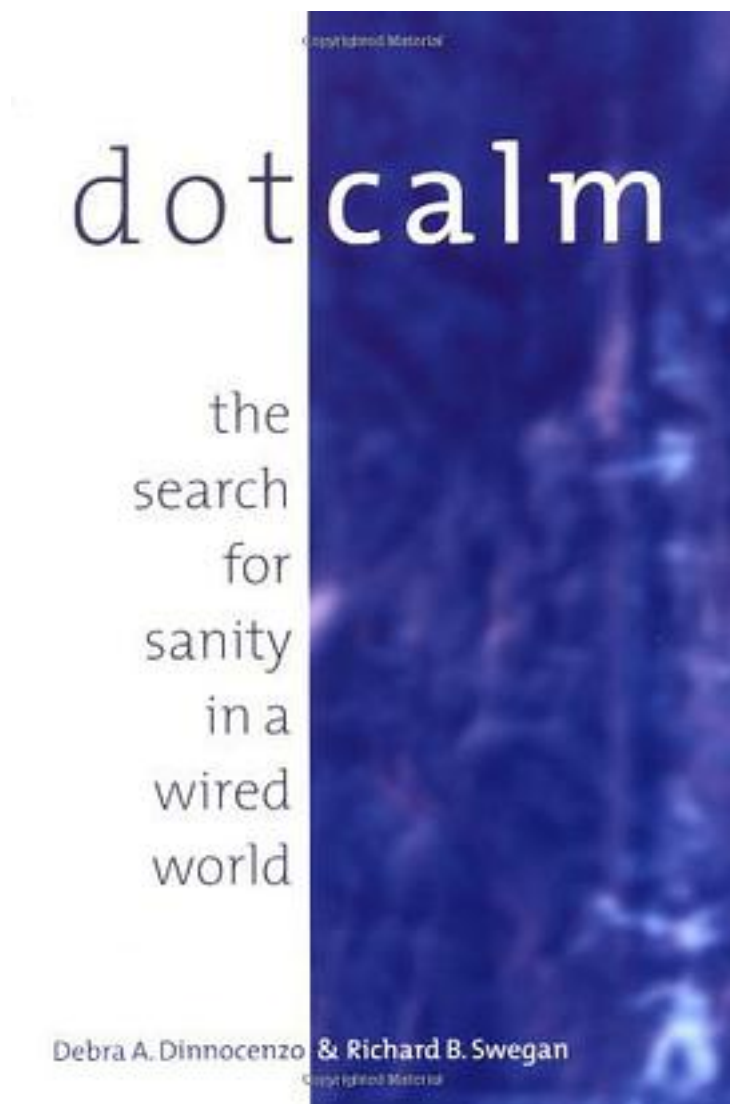


Dot.Calm



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Information is being generated at an astonishing rate, thanks to a proliferation of increasingly sophisticated technology tools. People are more informed and more connected than ever before, but the price is stress and a pervasive sense of overload. In such chapters as "The Connection Conundrum," "Launch the Search Engine Within," and "Your Digital Divide," the authors offer practical solutions for simplifying life, slowing down, and finding time for family, friends, and even a vacation. Through a process of self-analysis, self-insight, and priority setting, readers create individual solutions for achieving life balance.

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