

Searching for connection...

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.....

.....

Connection not found.



# By the numbers...



- YouTube users upload 500 hours of video per minute
  - ...and watch 694,000 hours of video per minute
- ... which is more than Netflix: 452,000 hours per minute
- 3 billion users spend an avg of 20 hrs / month on Facebook
  - ... with 4.5 billion likes per day
- Average phone use is over five hours a day
- 72% say "they couldn't live without their phone"

**“Life, at its best, is happening right in front of you.  
These experiences will never repeat themselves.  
These conversations are unfiltered and authentic.”**

**- Joshua Becker,  
7 Important Reasons to Unplug and Find Space**

Less  
Thou Shalt



More  
How to











Almost everything will start to work again  
after you unplug it for a little while...

***Including you.***





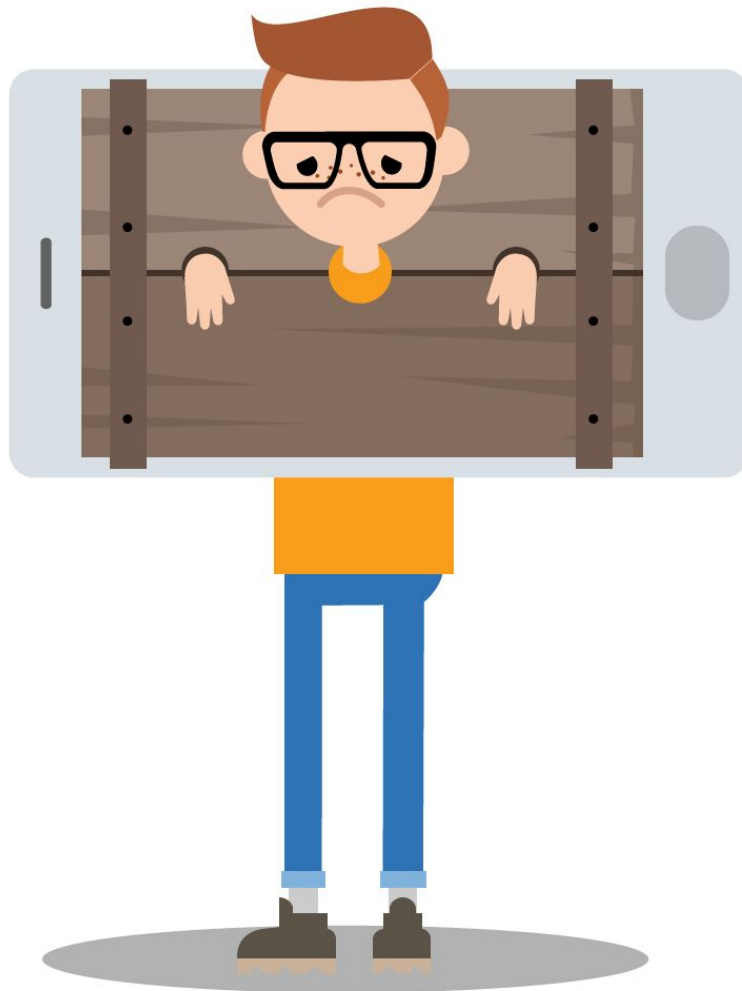


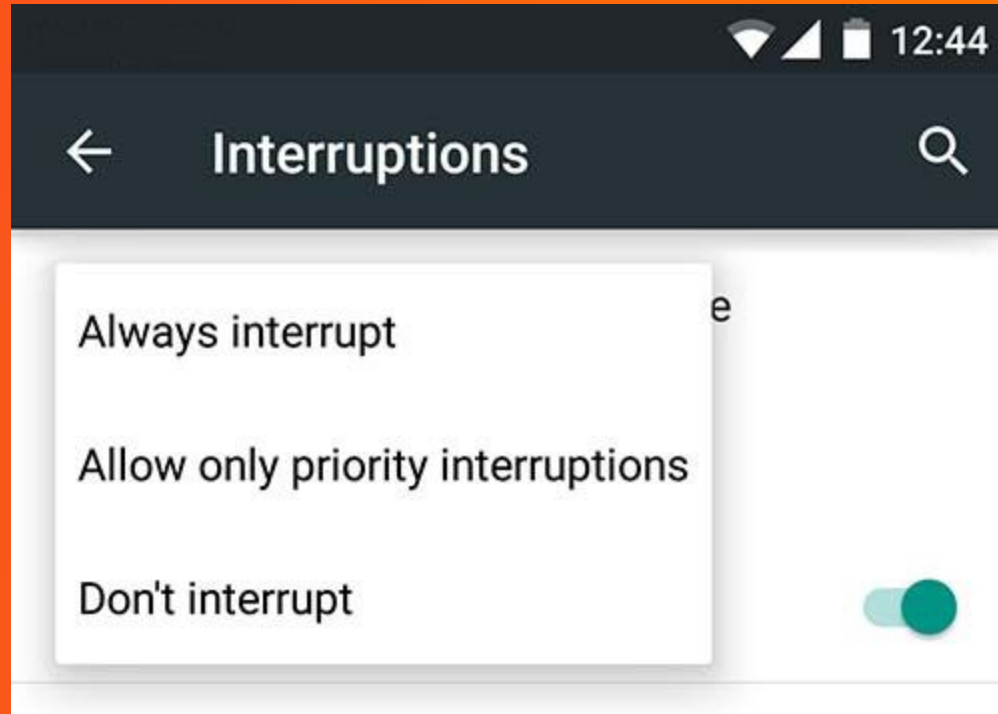


# Ease back in



- 30 min sorting email and deleting garbage.
  - Not reading or responding.  
Just sorting and deleting the non-essentials.
- 30 min to respond to critical social media issues.
  - Which accounts do you NEED to look at?
- How far back (in hours) will you scroll?













**Said nobody,  
ever.**





Network found. Re-connecting now...