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In an age of constant notifications and endless scrolling, digital minimalism offers a refreshing path toward a more meaningful life. It is a philosophy of using technology purposefully, focusing on essential tools while eliminating distractions that erode attention and well-being.

The modern digital environment is designed to capture and monetize attention. Social media algorithms encourage compulsive checking, while mobile apps send frequent alerts to keep users engaged. This constant stimulation fragments concentration and can contribute to anxiety, sleep problems, and reduced productivity.

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