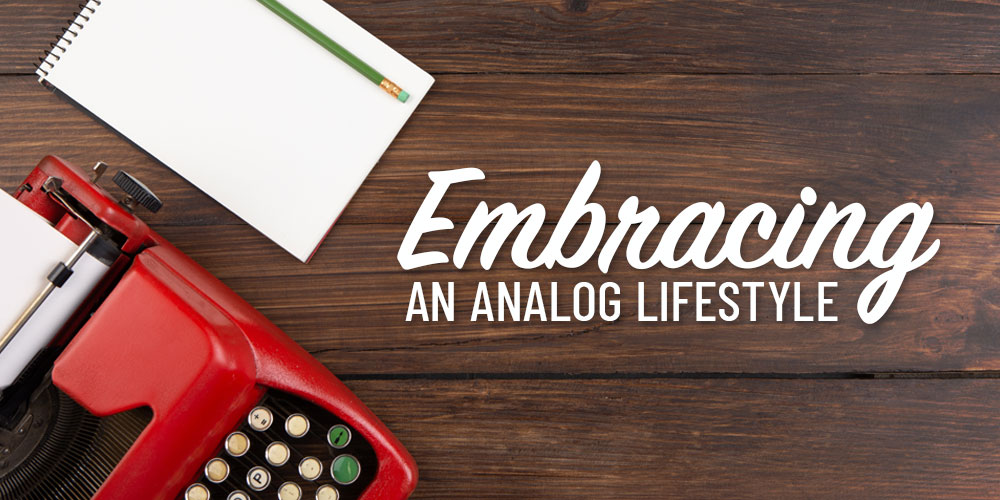
**2. "Life in Analog: Rediscovering Joy in a Digital Age"**

## ****Introduction****

we are live in a modern society. actions be smart. great techniques are developed than human manpower.these inventions are made to make man too lazy. let we see in analog life how to make ourself happy forever.



## ****Advantages and Disadvantages****

**Advantages**

* Have anything in small pockets i.e: mobile phones.
* to explore everything as just simple click is enough
* Some Robots are invented to helpful in scientific research areas, medical, educational fields etc.,
* calendar, clocks and maps, weather, social medias, entertainments, games and many apps are we used most.
* Many advantages include analog lifestyle, without any help of others

**Disadvantages**

* Maximum people dont know awareness about disadvantages.
* lot of disadvantages in it. childrens are addicted to play in games ever.
* and also, youngsters lost their money in online games
* Online frauds, thefts from our accout are some of disadvantages.

## ****Rediscovering Joy in a Digital Age****

it's really hard to come back from Digital lifestyle. to make happiness in every small actions. actually some people lost their smile in todays. lot of work pressure, people spend time on social media's to know this is happy to themselves. but really happiness is to take a meditation, a small walk, fitness, diet or to take natural vegetables, fruits and play with childrens. these are really helpfull for happy again yourself and take yourself good.

## ****End****

Happiness is a best therapy for your life. Make happy yourself leads healthy life. So, this found yoursel