



Fully Connected: Surviving and Thriving in an Age of Overload (Paperback)

By Julia Hobsbawm

Bloomsbury Publishing PLC, United Kingdom, 2018. Paperback. Condition: New. Reprint. Language: English. Brand new Book. Shortlisted for the CMI's Management Book of the Year Award 2018 and the Business Book Awards 2018 Twenty-five years after the arrival of the Internet, we are drowning in data and deadlines. Humans and machines are in fully connected overdrive - and becoming entwined as never before. In this Age of Overload, stalked by 'infobesity' and time poverty, and surrounded by social networks, personal and professional lives face profound disruption - and dysfunction. In this ground-breaking book, Julia Hobsbawm uses health as a metaphor for the way we behave around our connectedness, and argues that, in the same way as we look after our physical and mental health, we need something else: Social Health. Published on the 70th anniversary of the World Health Organization and the NHS, this book is the first to offer a blueprint for Social Health, using Julia's exclusive model of 'Hexagon Thinking' to make fast and lasting behaviour change. Fully Connected draws on the latest thinking in health and behavioural economics, social psychology, neuroscience, management and social network analysis, and offers often very personal stories of failure and success. This book is an...



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