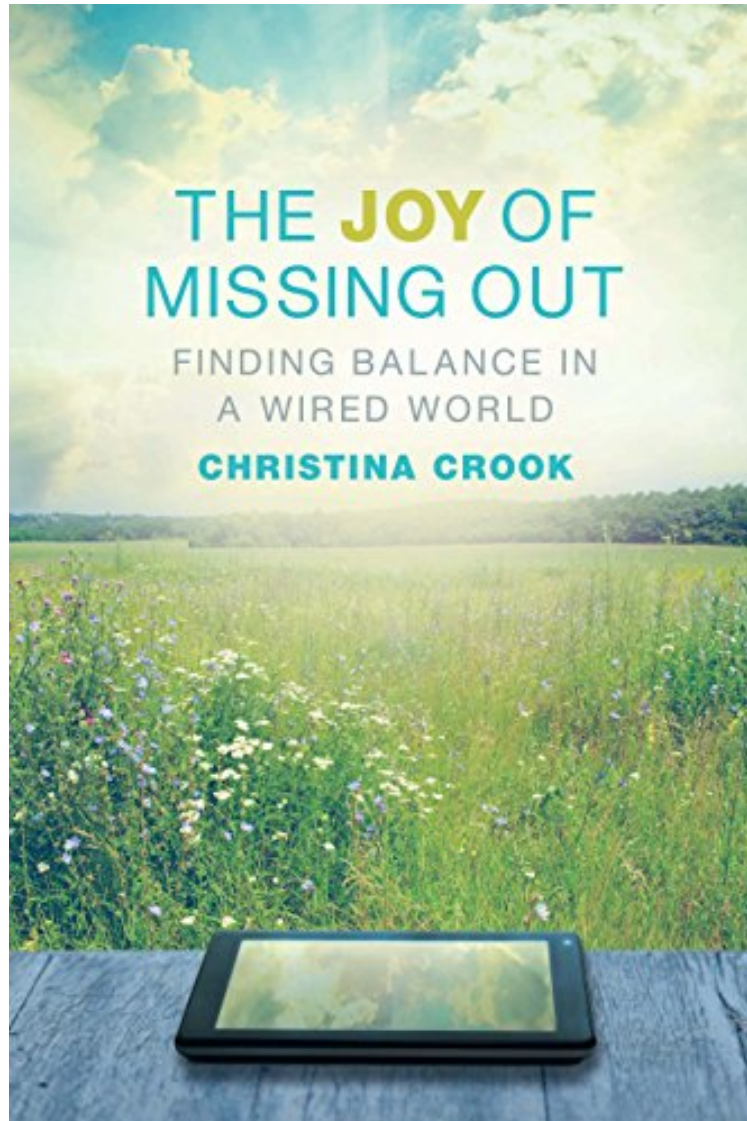


[FREE] The Joy of Missing Out: Finding Balance in a Wired World

The Joy of Missing Out: Finding Balance in a Wired World

Christina Crook

**Download PDF / ePub / DOC / audiobook / ebooks*



DOWNLOAD



+

READ ONLINE

#458919 in Books 2015-02-17Original language:EnglishPDF # 1 8.90 x .60 x 6.00l, .0 #File Name: 0865717672208 pages | File size: 23.Mb

Christina Crook : The Joy of Missing Out: Finding Balance in a Wired World before purchasing it in order to gage whether or not it would be worth my time, and all praised The Joy of Missing Out: Finding Balance in a Wired World:

5 of 5 people found the following review helpful. Thoughtful, Purposeful, Practical, Realistic, SoulfulBy Adam PrattI read this book on my two-month sabbatical from a fast-paced job in the tech industry and I wish more people would read it. It's a thoughtful, purposeful book that is needed in our modern culture. My biggest compliment for this book is

that while many books in this genre tend to be cranky anti-technology rants, this book has many practical and positive suggestions on how to USE technology instead of being USED by it. I give it four stars because sometimes the writing was repetitive or a bit disorganized, but the core ideas are wise and insightful. 2 of 2 people found the following review helpful. On par with (or better than) Sebastian Junger or Nicholas Carr. By Andrew R Steere. This is an outstanding book. Well researched and deeply thoughtful, it caused me to reflect honestly on my own patterns of electronic engagement and communication. I would put this book up there with the Pulitzer prize-winning *The Shallows: What the Internet is Doing to our Brains* by Nicholas Carr, or *Tribe: On Homecoming and Belonging* by Sebastian Junger. Crook's research and thoughts hold their own with Carr and Junger, but she goes a step deeper/beyond their books through her inclusion of sources that are not in the narrow fields of evolutionary biology (Junger) or cultural/intellectual history (Carr). Drawing from a wide and considered variety of thinkers, Crook joins the growing chorus of thinkers and authors who are considering the cost to humanity of unthinking consumption of technology and electronic communication. This is my favorite book of the year. 0 of 0 people found the following review helpful. Five Stars. By Charisma Melvin. Great book! I believe everyone should read it - also gave information for other great books to read.

There's no doubt that technology has overrun our lives. Over the past few decades, the world has embraced "progress" and we're living with the resultant clicking, beeping, anxiety-inducing frenzy. But a creative backlash is gathering steam, helping us cope with the avalanche of data that threatens to overwhelm us daily through our computers, tablets, and smartphones. *The Joy of Missing Out* considers the technologically focused life, with its impacts on our children, relationships, communities, health, work, and more, and suggests opportunities for those of us longing to cultivate a richer on- and off-line existence. By examining the connected world through the lens of her own internet fast, Christina Crook creates a convincing case for increasing intentionality in our day-to-day lives. Using historical data, typewritten letters, chapter challenges, and personal accounts, she invites us to explore a new way of living, beyond our steady state of distracted connectedness. Most of us can't throw away our smartphone or cut ourselves off from the internet. But we can all rethink our relationship with the digital world, discovering new ways of introducing balance and discipline to the role of technology in our lives. This book is a must-read for anyone wishing to rediscover quietness of mind and seeking a sense of peace amidst the cacophony of the modern world. Christina Crook is a wordsmith and communications professional and instigator of the project *Letters from a Luddite*, which chronicled her thirty-one day internet fast and fueled her passion for exploring the intersection of technology, relationships, and joy.

Crook quotes a wide range of philosophers and poets, educators and researchers, weaving together a text that is accessible. She invites readers to consider the effects of living a wired life; the challenge of setting personal, family, and work boundaries; and the rewards of living into alternative choices. Included are spaces for self-reflection. This title lends itself to small group, book club, or teaching staff conversation. --Jenny deGroot, *Banner*, May 2015. Crook's book does a marvelous job of examining where we've gone awry and how we might begin to take ourselves and our lives back, while acknowledging the reality and importance of our wired world. -- Dr. Susan Biali, MD, *Psychology Today*, March 2015. *The Joy of Missing Out* offers thoughtful consideration of how online communications have evolved, as well as the value we place on being ever present in a digital world, often to the detriment of personal space and quiet time. Through practical examples and directions, Crook champions developing healthier habits for a more mindful online experience. -- Lori A. May, *Portland Book*, April 2015. The crush of Internet fodder makes it hard to escape, even if you try. Christina Crook, the author of *The Joy of Missing Out*, published in February, stayed offline for a month in 2012 but still found popular culture seeping into her conversations. The big stories, people are talking about them, Ms. Crook said. If there was a story in the wider culture, it wasn't like I was missing out. Indeed, her lack of knowledge only played to the ego of her more connected friends. Most people want to feel in the know, she said. -- Laura Holson, *New York Times*, March 2015. Deep down, we know something is up, Crook says. It may be the reason her book has struck such a chord with readers. It comes down to her message that living online and creating picture-perfect Facebook personas isn't living in light of God's design. -- Steven Sukkau, *Christian Week*, May 2015. Written as a sort of meditative guidebook, complete with Chapter Challenge questions at the end of each section designed to encourage self-examination and critical thought, *The Joy of Missing Out* is chock-full of interesting (and alarming) research, critiques of digital assumptions, revealing insights, and inspiring quotes. I was so inspired by [*The Joy of Missing Out*] that I convinced my husband to try a weekly 24-hour period that's completely screen-free. We did it for the first time this past Sunday and the result was deeply satisfying: I read 250 pages of my novel; we hiked and played outside in the snow with our kids; and played two board games with them. When I logged into Facebook on Monday morning, I wasn't surprised to discover I'd missed nothing. -- Katherine Martinko, *Treehugger*, Feb. 2015. Crook cites various reasons for fasting from the Internet: to awaken ourselves and refuse a life of numbed distraction; to recover sacred spaces of silence and solitude; to nurture gratitude for everyday gifts. And while fasting seems to cut us off from the flow of important information, it can allow us to go deeper. -- Jen Pollock Michel, *Christianity Today*, March 2015. *The Joy of Missing Out* is chock-full of quotations and citations from experts, but they are given context by

Crook, who writes thoughtfully throughout.-- Tracy Sherlock, Vancouver Sun, March 2015A life-changer for anyone experiencing the pressure and disconnection of a fast-paced, media-saturated culture. - Rachel Macy Stafford, New York Times Best-selling Author of Hands Free MamaChristina Crook has crafted a well-researched, utterly readable field guide to finding quiet, and ultimately, ourselves, within today's electronic cacophony. ---Mike Tennant, co-author, The Age of PersuasionChristina Crook writes prophetically about our complicated, often troubled, relationship with technology. But rather than forecasting gloom and doom for the modern age, Crook proposes meaningful questions for cultivating meaningful lives in the present tense. The Joy of Missing Out reclaims sacred space for all things blessedly human, and I highly recommend it to readers.--- Jen Pollock Michel, author, Teach Us to WantA skillful meditation on the dynamic of InfoTech and presence. A critique of digital assumptions. A welcome reminder of the real world and its tech shadows."---Raffi Cavoukian, C.M., singer, author of Lightweb Darkweb: Three Reasons to Reform Social Media Before It Re-forms UsWeaving together research, personal reflections, and philosophy, Crook offers hope that we can create a new relationship with the digital world. Whether youre a parent navigating how to monitor your childs screen-time, or someone who mindlessly checks email from bed in the morning, The Joy of Missing Out offers practical, tangible advice for ensuring your online habits are aligned with your values.---Kim Sedgewick, co-founder, Red Tent SistersIntuitive, sensitive, interested in the little moments that make up our life's significance, valuing the qualitative over the quantitative, interested in quality, and finding the ways in which technology can help the infant, the elderly, the sick, and the victim, Ms. Crook writes a book in search of those human qualities that matter most. In its own way, it is our age's sequel to The Joy of Cooking and The Joy of Sex. Who knew you could gain so much by selectively giving up so little? ---Dr. Read Mercer Schuchardt, Associate Professor of Communication, Wheaton CollegeChristina Crook takes an honest look at our Internet tether and makes us realize that by being more connected we may in fact be growing ever distant from othersand ourselves.. Well-researched and beautifully written, The Joy of Missing Out will encourage you to cultivate your attention span, put pen to paper, spend mindful time with your family and rediscover the pleasure of life, unplugged.---Janine Vangool, publisher and editor, UPPERCASE magazineCrook writes in a way that gives us hope and reminds us of the beauty of real life, without diminishing the value of technology. Her book is relatable, never preachy; it is finely drawn from experience and research. We can learn from this.---Dr. Laurie Petrou, Associate Professor, RTA School of Media, Ryerson UniversityIf you've ever found yourself checking your cell phone instead of playing with your children, or surfing the web instead of talking to your best friend, this is the book for you.---Christopher Meades, author, The Last HiccupChristina [Crook] calls us to be present with ourselves. Any parent, anyone working in the marketing industry needs to fasten themselves down and read this book (without checking their Facebook newsfeed) and allow Christina to call you to a better place of being. This book is a must read for anyone who owns a smartphone, has access to the internet, Facebook, Instagram and Twitter. ---Darian Kovacs, Founder and Principal, Jelly Marketing