



Boundaries in an Overconnected World: Setting Limits to Preserve Your Focus, Privacy, Relationships, and Sanity

Anne Katherine

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Over the past decade, 24/7 connectivity has given us not only convenience and fun but worries about privacy, interruptions while working or trying to enjoy family or other downtime, and new compulsions — from shopping to tweeting and cute-cat watching. Anne Katherine, one of the authors who brought boundary setting to a mass audience, has now written a book on how to set healthy boundaries with technology. The first of its kind, this resource doesn't suggest anyone go “cold turkey.” Instead, it helps people make social media, smart phones, and other innovations work for, rather than against, them. Readers learn to protect themselves online in every way — from predators and data mining as well as time-devouring friends and acquaintances — with an emphasis on preserving and optimizing meaningful personal connections. Anyone who has ever wondered if their cute little gadget was actually an enemy invader will welcome Katherine's strategies for ensuring “that your life is truly your own.”

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