

Managing Technology Before It Manages You

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So What's the Problem?

Brain Power

Mental Health

Identity

Productivity

Who is to _____ ?

1.

2.

3.

4.

The good news..

What Can I Do?

Consumption

Email

Social media

Be _____

Ask _____

Some of my favorites.....

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Goal Setting - August 10 & 24, use promo code c4women