Defuse Your Digital Triggers

November 11, 2026
Review digital triggers and make deliberate changes to phone and app settings.

What this guide covers

- Audit notifications and distracting feeds.
- Set boundaries for news and social-media use.
- Revisit your settings after a trial period.

Who this is for

For creators and other readers managing digital distractions.

Putting the ideas to use

Keep essential and emergency communication available while adjusting settings.

Book details

Format: Guide. Pages: 20. Words: 2931.

Download availability: After payment, download the complete ZIP package or the included PDF separately.