Digital Detox for Founders

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Ideas for setting healthier technology boundaries while managing the demands of building a business.

Inside this guide

- Notice how digital habits affect attention and time.
- Create boundaries for devices, notifications, and online work.
- Make room for focused work and recovery away from screens.

Who it may help

For founders and independent professionals whose work can make it difficult to disconnect.

Putting the ideas to work

Choose boundaries that fit your business responsibilities and review them as your workload changes.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

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