Protect Your Digital Life

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Practical steps for improving personal digital safety across accounts, devices, and online activity.

Inside this guide

- Review account access and habits for keeping credentials secure.
- Consider privacy settings and safer device routines.
- Plan backups and steps for responding to common account concerns.

Who it may help

For readers who want a practical introduction to protecting personal information online.

Putting the ideas to work

Use the suggestions as a personal checklist and verify current settings and guidance for your devices.

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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