



The Joy of Missing Out: Finding Balance in a Wired World

Christina Crook

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There's no doubt that technology has overrun our lives. Over the past few decades, the world has embraced "progress" and we're living with the resultant clicking, beeping, anxiety-inducing frenzy. But a creative backlash is gathering steam, helping us cope with the avalanche of data that threatens to overwhelm us daily through our computers, tablets, and smartphones.

The Joy of Missing Out considers the technologically focused life, with its impacts on our children, relationships, communities, health, work, and more, and suggests opportunities for those of us longing to cultivate a richer on- and off-line existence. By examining the connected world through the lens of her own internet fast, Christina Crook creates a convincing case for increasing intentionality in our day-to-day lives. Using historical data, typewritten letters, chapter challenges, and personal accounts, she invites us to explore a new way of living, beyond our steady state of distracted connectedness.

Most of us can't throw away our smartphone or cut ourselves off from the internet. But we can all rethink our relationship with the digital world, discovering new ways of introducing balance and discipline to the role of technology in our lives. This book is a must-read for anyone wishing to rediscover quietness of mind and seeking a sense of peace amidst the cacophony of the modern world.

Christina Crook is a wordsmith and communications professional and instigator of the project *Letters from a Luddite*, which chronicled her thirty-one day internet fast and fueled her passion for exploring the intersection of technology, relationships, and joy.

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