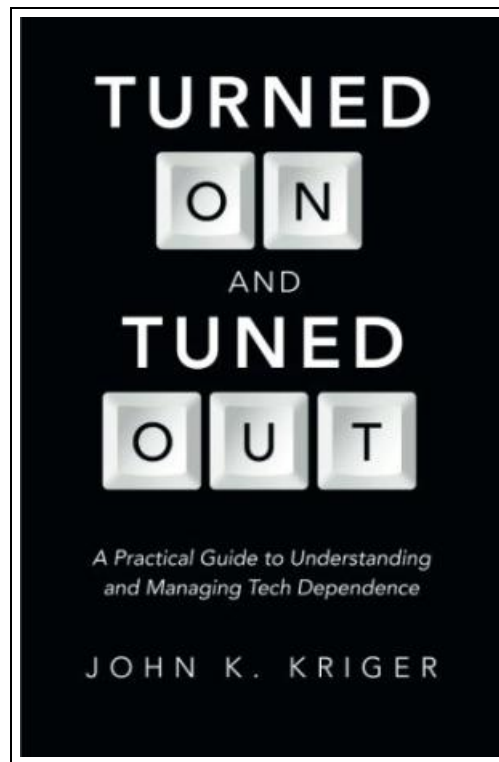


## Turned on and Tuned Out: A Practical Guide to Understanding and Managing Tech Dependence



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