

Ten Arguments For Deleting Your Social Media Acco

Social networking has grown into a staple of modern society, but its continued evolution is becoming increasingly detrimental to our lives. Shifts in communication and privacy are affecting us more than we realize or understand. Terms of Service crystalizes this current moment in technology and contemplates its implications: the identity-validating pleasures and perils of online visibility; our newly adopted view of daily life through

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the lens of what is share-worthy; and the surveillance state operated by social media platforms—Facebook, Google, Twitter, and others—to mine our personal data for advertising revenue, an invasion of our lives that is as pervasive as government spying. Jacob Silverman calls for social media users to take back ownership of their digital selves from the Silicon Valley corporations who claim to know what's best for them. Integrating politics, sociology, national security, pop culture, and technology, he reveals the surprising conformity at the heart of Internet

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culture—explaining how social media companies engineer their products to encourage shallow engagement and discourage dissent. Reflecting on the collapsed barriers between our private and public lives, Silverman brings into focus the inner conflict we feel when deciding what to share and what to "like," and explains how we can take the steps we need to free ourselves from its grip. This is the dramatic story of how a noted tech venture capitalist, an early mentor to Mark Zuckerberg and investor in his company, woke up to the serious damage Facebook was doing to

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our society and set out to try to stop it.

A fully updated paperback edition that includes coverage of the key developments of the past two years, including the political controversies that swirled around Facebook with increasing intensity in the Trump era. If you wanted to build a machine that would distribute propaganda to millions of people, distract them from important issues, energize hatred and bigotry, erode social trust, undermine respectable journalism, foster doubts about science, and engage in massive surveillance all at once, you would make something a lot like

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Facebook. Of course, none of that was part of the plan. In this fully updated paperback edition of *Antisocial Media*, including a new chapter on the increasing recognition of--and reaction against--Facebook's power in the last couple of years, Siva Vaidhyanathan explains how Facebook devolved from an innocent social site hacked together by Harvard students into a force that, while it may make personal life just a little more pleasurable, makes democracy a lot more challenging. It's an account of the hubris of good intentions, a missionary spirit, and an

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ideology that sees computer code as the universal solvent for all human problems. And it's an indictment of how "social media" has fostered the deterioration of democratic culture around the world, from facilitating Russian meddling in support of Trump's election to the exploitation of the platform by murderous authoritarians in Burma and the Philippines. Both authoritative and trenchant, *Antisocial Media* shows how Facebook's mission went so wrong.

In a highly engaging style, Rheingold tells the story of what he calls the patriarchs, pioneers, and infonauts of the computer,

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focusing in particular on such pioneers as J. C. R. Licklider, Doug Engelbart, Bob Taylor, and Alan Kay. The digital revolution did not begin with the teenage millionaires of Silicon Valley, claims Howard Rheingold, but with such early intellectual giants as Charles Babbage, George Boole, and John von Neumann. In a highly engaging style, Rheingold tells the story of what he calls the patriarchs, pioneers, and infonauts of the computer, focusing in particular on such pioneers as J. C. R. Licklider, Doug Engelbart, Bob Taylor, and Alan Kay. Taking the reader step by step from nineteenth-century

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mathematics to contemporary computing, he introduces a fascinating collection of eccentrics, mavericks, geniuses, and visionaries. The book was originally published in 1985, and Rheingold's attempt to envision computing in the 1990s turns out to have been remarkably prescient. This edition contains an afterword, in which Rheingold interviews some of the pioneers discussed in the book. As an exercise in what he calls "retrospective futurism," Rheingold also looks back at how he looked forward.

Quitting Social Media

The Alchemist

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Irresistible

Plan B

Zucked: Waking Up to the

Facebook Catastrophe

The Virtue of Forgetting in the

Digital Age

Infinite Detail

Nobody meant for this to happen.

Facebook didn't mean to facilitate a

genocide. Twitter didn't want to be

used to harass women. YouTube

never planned to radicalise young

men. But with billions of users, every

time these platforms tweak their

algorithms to generate more

'engagement', they bring unrest to

previously settled communities and

erode our relationships. After all, anger

keeps you engaged. It has been hard

to address climate change precisely

because it has been happening slowly

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and in plain sight. In the same way, we urgently need to address this social crisis before we reach an irreversible tipping point.

Buy now to get key insights from Jaron Lanier's Ten Arguments for Deleting Your Social Media Accounts Right Now. Sample Insights 1) You can live a public life in the media, without social media accounts. Quitting social media is the only way to make a statement against a system in which so many people are trapped. Business follows money, so we who have options have the power and responsibility to make change. 2) There are ten key arguments for why social media should be avoided and how it makes our lives worse, not better.

An Economist BEST BOOK OF THE YEAR As the data economy grows in

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power, Carissa V é liz exposes how our privacy is eroded by big tech and governments, why that matters and what we can do about it. The moment you check your phone in the morning you are giving away your data. Before you've even switched off your alarm, a whole host of organisations have been alerted to when you woke up, where you slept, and with whom. As you check the weather, scroll through your 'suggested friends' on Facebook, you continually compromise your privacy. Without your permission, or even your awareness, tech companies are harvesting your information, your location, your likes, your habits, and sharing it amongst themselves. They're not just selling your data. They're selling the power to influence you. Even when you've explicitly asked them not to. And it's not just

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you. It's all your contacts too. Digital technology is stealing our personal data and with it our power to make free choices. To reclaim that power and democracy, we must protect our privacy. What can we do? So much is at stake. Our phones, our TVs, even our washing machines are spies in our own homes. We need new regulation. We need to pressure policy-makers for red lines on the data economy. And we need to stop sharing and to adopt privacy-friendly alternatives to Google, Facebook and other online platforms. Short, terrifying, practical: Privacy is Power highlights the implications of our laid-back attitude to data and sets out how we can take back control. If you liked *The Age of Surveillance Capitalism*, you'll love *Privacy is Power* because it provides a philosophical perspective on the

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politics of privacy, and it offers a very practical outlook, both for policymakers and ordinary citizens. Change can turn our plans, our lives and our dreams upside down. Whether you have faced a redundancy, dealt with a break-up, been in an accident, lost a loved one, had a health scare, or been impacted by an economic downturn, your ability to navigate through the change process and create an alternative plan will be the key to your future happiness. Shannah Kennedy, bestselling author of *The Life Plan*, has created a simple yet powerful four-part guide that is designed to give you the confidence to accept, heal, grow and adapt. Full of practical tips and exercises to help you process your emotions, restore and recover, shift your mindset, set clear goals and take control, Plan B is your

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roadmap to finding happiness once again.

Terms of Service

The Dangerous and Polarising Effects of Social Media

The Social Media Cleanse Guide

#Delete Me

Transform how You Approach Love and Marriage: A Muslim Marriage

Guide for Single Muslim Women

The Psychology of Social Media

How Facebook Disconnects Us and Undermines Democracy

How is watching a movie similar to dreaming? What goes on in our minds when we become absorbed in a movie?

How does looking “into” a movie screen allow us to experience the thoughts and

feelings of a movie's characters? These and related questions are at the heart of The Power of Movies, a thoughtful, invigorating, and remarkably accessible book about a phenomenon seemingly beyond reach of our understanding. Colin McGinn—"an ingenious philosopher who thinks like a laser and writes like a dream," according to Steven Pinker—enhances our understanding of both movies and ourselves in this book of rare and refreshing insight. Andy Couturier captures the texture of sustainable lives

well lived in these ten profiles of ordinary—yet exceptional—men and women who left behind mainstream existences in urban Japan to live surrounded by the luxuries of nature, art, friends, delicious food, and an abundance of time. Drawing on traditional Eastern spiritual wisdom and culture, these pioneers describe the profound personal transformations they underwent as they escaped the stress, consumerism, busyness, and dependence on technology of modern life. This intimate and evocative

book tells of their fulfilling lives as artists, philosophers, and farmers who rely on themselves for happiness and sustenance. By inviting readers to enter into the essence of these individuals' days, Couturier shows us how we too can bring more meaning and richness to our own lives.

A timely call-to-arms from a Silicon Valley pioneer. You might have trouble imagining life without your social media accounts, but virtual reality pioneer Jaron Lanier insists that we're better off without them. In Ten Arguments for

Deleting Your Social Media Accounts Right Now, Lanier, who participates in no social media, offers powerful and personal reasons for all of us to leave these dangerous online platforms. Lanier's reasons for freeing ourselves from social media's poisonous grip include its tendency to bring out the worst in us, to make politics terrifying, to trick us with illusions of popularity and success, to twist our relationship with the truth, to disconnect us from other people even as we are more "connected" than ever, to rob

us of our free will with relentless targeted ads. How can we remain autonomous in a world where we are under continual surveillance and are constantly being prodded by algorithms run by some of the richest corporations in history that have no way of making money other than being paid to manipulate our behavior? How could the benefits of social media possibly outweigh the catastrophic losses to our personal dignity, happiness, and freedom? Lanier remains a tech optimist, so while demonstrating the evil that rules social media

business models today, he also envisions a humanistic setting for social networking that can direct us toward a richer and fuller way of living and connecting with our world. A NATIONAL BESTSELLER A programmer, musician, and father of virtual reality technology, Jaron Lanier was a pioneer in digital media, and among the first to predict the revolutionary changes it would bring to our commerce and culture. Now, with the Web influencing virtually every aspect of our lives, he offers this provocative critique of how digital design is shaping

society, for better and for worse. Informed by Lanier's experience and expertise as a computer scientist, You Are Not a Gadget discusses the technical and cultural problems that have unwittingly risen from programming choices—such as the nature of user identity—that were “locked-in” at the birth of digital media and considers what a future based on current design philosophies will bring. With the proliferation of social networks, cloud-based data storage systems, and Web 2.0 designs that elevate the “wisdom” of mobs and

***computer algorithms over the
intelligence and wisdom of
individuals, his message has
never been more urgent.***

***Smart Single Muslimah
Analogia***

***Experience Nature Unplugged
Breaking Free from the
Shackles of Social Media
The Abundance of Less
Privacy is Power***

A Novel

**WINNER OF THE NATIONAL
BOOK CRITICS CIRCLE AWARD
FOR CRITICISM 2019 From the
MAN BOOKER PRIZE- and
WOMEN'S PRIZE-SHORTLISTED
author of Changing My Mind and
Swing Time - discover a second**

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unmissable collection of essays from Zadie Smith 'Generous, courageous, and tough-minded... [A] classic English essayist in the vein of Orwell, Woolf and Angela Carter' Financial Times 'Engrossing, astute... Should you read this brilliant book? Absolutely' Independent 'Generous and curious' Evening Standard 'Brilliant, lively and frequently hilarious... She's one of the brightest minds in English literature today' NPR No subject is too fringe or too mainstream for the unstoppable Zadie Smith. From social media to the environment, from Jay-Z to Karl Ove Knausgaard, she has boundless curiosity and the

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boundless wit to match. In Feel Free, pop culture, high culture, social change and political debate all get the Zadie Smith treatment, dissected with razor-sharp intellect, set brilliantly against the context of the utterly contemporary, and considered with a deep humanity and compassion. This electrifying new collection showcases its author as a true literary powerhouse, demonstrating once again her credentials as an essential voice of her generation. Social media is supposed to bring us together - but it is tearing us apart. 'A blisteringly good, urgent, essential read' Zadie Smith The evidence

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suggests that social media is making us sadder, angrier, less empathetic, more fearful, more isolated and more tribal. Jaron Lanier is the world-famous Silicon Valley scientist-pioneer who first alerted us to the dangers of social media. In this witty and urgent manifesto he explains why its toxic effects are at the heart of its design, and, in ten simple arguments, why liberating yourself from its hold will transform your life and the world for the better. WITH A NEW AFTERWORD BY THE AUTHOR 'Informed, heartfelt and often entertaining ... a timely reminder that even if we can't bring ourselves to leave social media

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**altogether, we should always
think critically about how it
works' Sunday Times**

**'Indispensable. Everyone who
wants to understand the digital
world, its pitfalls and
possibilities should read this
book – now' Matthew d'Ancona,
author of Post-Truth**

**You hold in your hands a beacon
of light in our overly distracted
digital world. Sebastian Slovin
and Sonya Mohamed are co-
founders of the wellness
education organization Nature
Unplugged. Since 2012, they
have worked with thousands of
clients - families, working
professionals, educators and
students - through workshops,**

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coaching, and retreats, to help them cultivate wellness in the digital age. In their newest book, Experience Nature Unplugged: A Guide to Wellness in the Digital Age, they not only detail the problem - why we are so obsessed with our screens and devices - but more importantly, focus on how to find solutions that work. Breaking free from the clutches of technology overuse isn't just a nice idea; it's something that is absolutely achievable. These pages hold the same ideas, research, methods and tools that have consistently worked for Nature Unplugged clients, and they are now available to you. This book is for

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anyone looking to navigate today's noisy digital world with more intention. It's a step-by-step journey toward wellness and balance in the digital age. 'Boldly reactionary... What looks like feast, Carr argues, may be closer to famine' Sunday Times 'Chilling' The Economist In this ground-breaking and compelling book, Nicholas Carr argues that not since Gutenberg invented printing has humanity been exposed to such a mind-altering technology. The Shallows draws on the latest research to show that the Net is literally re-wiring our brains inducing only superficial understanding. As a consequence there are profound

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changes in the way we live and communicate, remember and socialise - even in our very conception of ourselves. By moving from the depths of thought to the shallows of distraction, the web, it seems, is actually fostering ignorance. The Shallows is not a manifesto for luddites, nor does it seek to turn back the clock. Rather it is a revelatory reminder of how far the Internet has become enmeshed in our daily existence and is affecting the way we think. This landmark book compels us all to look anew at our dependence on this all-pervasive technology. This 10th-anniversary edition includes a

new afterword that brings the story up to date, with a deep examination of the cognitive and behavioural effects of smartphones and social media.

Why Social Media is Ruining Your Life

Delete

Who Owns the Future?

The Entangled Destinies of Nature, Human Beings and Machines

How Technology Is Reshaping Democracy and Our Lives

The Social, Cultural and Environmental Costs of Hyper-Connectivity

Feel Free

Which Side of History? offers a collection of bold essays on how

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technology is affecting democracy, society, and our future. Featuring prominent national voices such as Sacha Baron Cohen, Marc Benioff, Ellen Pao, Ken Auletta, Chelsea Clinton, Tim Wu, Khaled Hosseini, Nicholas Kristof and Sheryl WuDunn, Jaron Lanier, Willow Bay, Sal Khan, Sherry Turkle, Shoshana Zuboff, Vivek Murthy, Geoffrey Canada, and many more. The essays focus on the extraordinary impact of technology on our privacy, kids and families, race and gender roles, democracy, climate change, and mental health. This groundbreaking book challenges opinion leaders and the broader public to take action to improve technology's effects on our lives. Featuring notable journalists, engineers, entrepreneurs, novelists, activists,

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filmmakers, business leaders, scholars, and researchers, including: Thomas Friedman, Kara Swisher, Michelle Alexander, Jennifer Siebel Newsom, Jenna Wortham, Cameron Kasky, Howard Gardner, and Tristan Harris. Explores the ethical behavior of Big Tech, or the lack thereof Offers roadmaps for constructive change and thought-provoking perspectives. With the rise of cyberbullying and hate speech online, issues around climate change and technology, and the "move fast and break things" mentality of tech culture, Which Side of History? will urge readers to draw the line. This book will help shape the conversations we have around technology in our society and our future for years to come. A smart gift for anyone who approaches tech and the

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future with a healthy skepticism Edited by James P. Steyer, the CEO and founder of Common Sense Media. Add it to the shelf with books like Ten Arguments for Deleting Your Social Media Accounts Right Now by Jaron Lanier, The Shallows: What the Internet Is Doing to Our Brains by Nicholas Carr, and The Age of Surveillance Capitalism: The Fight for a Human Future at the New Frontier of Power by Shoshana Zuboff.

Evaluates the negative impact of digital network technologies on the economy and particularly the middle class, citing challenges to employment and personal wealth while exploring the potential of a new information economy.

Science world luminary John Brockman assembles twenty-five of the most

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important scientific minds, people who have been thinking about the field of artificial intelligence for most of their careers, for an unparalleled round-table examination about mind, thinking, intelligence and what it means to be human. "Artificial intelligence is today's story--the story behind all other stories. It is the Second Coming and the Apocalypse at the same time: Good AI versus evil AI." --John Brockman More than sixty years ago, mathematician-philosopher Norbert Wiener published a book on the place of machines in society that ended with a warning: "we shall never receive the right answers to our questions unless we ask the right questions.... The hour is very late, and the choice of good and evil knocks at our door." In the wake of advances in

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unsupervised, self-improving machine learning, a small but influential community of thinkers is considering Wiener's words again. In Possible Minds, John Brockman gathers their disparate visions of where AI might be taking us. The fruit of the long history of Brockman's profound engagement with the most important scientific minds who have been thinking about AI--from Alison Gopnik and David Deutsch to Frank Wilczek and Stephen Wolfram--Possible Minds is an ideal introduction to the landscape of crucial issues AI presents. The collision between opposing perspectives is salutary and exhilarating; some of these figures, such as computer scientist Stuart Russell, Skype co-founder Jaan Tallinn, and physicist Max Tegmark, are deeply

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concerned with the threat of AI, including the existential one, while others, notably robotics entrepreneur Rodney Brooks, philosopher Daniel Dennett, and bestselling author Steven Pinker, have a very different view. Serious, searching and authoritative, Possible Minds lays out the intellectual landscape of one of the most important topics of our time.

The Alchemist has long been admired as one of Ben Jonson's best dramas; its satiric cleverness and metatheatricality have delighted audiences from its first performance to the present day.

Audiences are swept up in the schemes of a fake alchemist and other determined fraudsters whose scams appear to offer easy wealth and immortality. While no characters emerge

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unscathed by Jonson's satire, and while alchemy itself is revealed as most likely a sham, the play is nonetheless a tribute to the transformative—indeed, the alchemical—powers of the theater. This edition features a helpful introduction to the play, thorough annotations, and contextual materials including a selection of Jonson's sources, further materials on alchemy, and an example of "rogue" or "coney-catching" literature.

The Shallows

Social Warming

*The Rise of Addictive Technology and
the Business of Keeping Us Hooked*

A Guide to Wellness in the Digital Age

Antisocial Media

A Journey Through Virtual Reality

Lessons in Simple Living from Rural

Japan

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The hazards of perfect memory in the digital age Delete looks at the surprising phenomenon of perfect remembering in the digital age, and reveals why we must reintroduce our capacity to forget. Digital technology empowers us as never before, yet it has unforeseen consequences as well. Potentially humiliating content on Facebook is enshrined in cyberspace for future employers to see. Google remembers everything we've searched for and when. The digital realm remembers what is sometimes better forgotten, and this has profound implications for us all. In Delete, Viktor Mayer-Schönberger traces the important role that

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forgetting has played throughout human history, from the ability to make sound decisions unencumbered by the past to the possibility of second chances. The written word made it possible for humans to remember across generations and time, yet now digital technology and global networks are overriding our natural ability to forget—the past is ever present, ready to be called up at the click of a mouse. Mayer-Schönberger examines the technology that's facilitating the end of forgetting—digitization, cheap storage and easy retrieval, global access, and increasingly powerful software—and describes the dangers of everlasting digital

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memory, whether it's outdated information taken out of context or compromising photos the Web won't let us forget. He explains why information privacy rights and other fixes can't help us, and proposes an ingeniously simple solution—expiration dates on information—that may. Delete is an eye-opening book that will help us remember how to forget in the digital age.

Named a Best Book of the Year by the Economist, Wall Street Journal & Vox 'The father of virtual reality' (Sunday Times) explains why virtual reality presents the ultimate test for humanity. 'Essential reading, not just for VR-watchers but for anyone

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interested in how society came to be how it is, and what it might yet become' Economist Welcome to a mind-expanding, life-enhancing, world-changing adventure. Virtual reality has long been one of the dominant clichés of science fiction. Now virtual reality is a reality: from the startling beauty of lifelike video games to the place where war veterans overcome PTSD, surgeries are trialled, and aircraft and cities are designed. VR is, in fact now, the most effective device ever invented for researching what a human being actually is - and how we think and feel. More than thirty years ago, legendary computer scientist, visionary and artist Jaron Lanier

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pioneered its invention. Here he blends scientific investigation, philosophical thought experiment and his memoir of a life lived at the centre of digital innovation to explain what VR really is: the science of comprehensive illusion; the extension of the intimate magic of earliest childhood into adulthood; a hint of what life would be like without any limits. We are standing on the threshold of an entirely new realm of human creativity, expression, communication and experience, and as we use VR to test our relationship with reality, it may test us in return. 'Vivid and absolutely extraordinary' Evening Standard

A FINANCIAL TIMES BOOK OF
THE YEAR 2020 How did we end
up in a world where humans
coexist with technologies we can
no longer fully control or
understand? George Dyson plots
an unexpected course through the
past 300 years to reveal the
hidden connections that underpin
our digital age, ending with a
premonition of what lies ahead.
From an eighteenth-century
Russian voyage across the North
Pacific, to the mirror signals that
heralded the age of digital
telecommunications and the
invention of the vacuum tube,
Analogia interweaves historical
adventure with scientific insight
in a deeply personal story that

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frames the pursuit - and cost - of the digital revolution in a captivating new light.

A revealing look at how user behavior is powering deep social divisions online—and how we might yet defeat political tribalism on social media In an era of increasing social isolation, platforms like Facebook and Twitter are among the most important tools we have to understand each other. We use social media as a mirror to decipher our place in society but, as Chris Bail explains, it functions more like a prism that distorts our identities, empowers status-seeking extremists, and renders moderates all but invisible.

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Breaking the Social Media Prism challenges common myths about echo chambers, foreign misinformation campaigns, and radicalizing algorithms, revealing that the solution to political tribalism lies deep inside ourselves. Drawing on innovative online experiments and in-depth interviews with social media users from across the political spectrum, this book explains why stepping outside of our echo chambers can make us more polarized, not less. Bail takes you inside the minds of online extremists through vivid narratives that trace their lives on the platforms and off—detailing how they dominate public

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discourse at the expense of the moderate majority. Wherever you stand on the spectrum of user behavior and political opinion, he offers fresh solutions to counter political tribalism from the bottom up and the top down. He introduces new apps and bots to help readers avoid misperceptions and engage in better conversations with the other side. Finally, he explores what the virtual public square might look like if we could hit "reset" and redesign social media from scratch through a first-of-its-kind experiment on a new social media platform built for scientific research. Providing data-driven recommendations for

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strengthening our social media connections, Breaking the Social Media Prism shows how to combat online polarization without deleting our accounts.

Twenty-Five Ways of Looking at AI
The History and Future of Mind-Expanding Technology

How the Internet Is Changing the Way We Think, Read and Remember

Likeable Social Media: How to Delight Your Customers, Create an Irresistible Brand, and Be Generally Amazing on Facebook (& Other Social Networks)

The Power of Movies

Encounters with Reality and Virtual Reality

Social Media and the Price of

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Constant Connection

Is your phone the first thing you reach for when you wake up? And the last thing you see before you sleep? Do you find the hours slip away as you idly scroll through your social media timeline? In short, are you addicted to your phone? If so, How to Break Up with Your Phone is here to help. How to Break Up With Your Phone is a smart, practical and useful plan to help you conquer your mobile phone addiction in just 30 days - and take back your life in the process. Recent studies have shown that spending extended time on our phones affects our ability to form new memories, think deeply, focus and absorb information, and the hormones triggered every time we hear our

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phones buzz both add to our stress levels and are the hallmark signs of addiction. In How to Break Up with Your Phone, award-winning science journalist Catherine Price explores the effects that our constant connectivity is having on our brains, bodies, relationships, and society at large and asks, how much time do you really want to spend on your phone? Over the course of 30 days, Catherine will guide you through an easy-to-follow plan that enables you to identify your goals, priorities and bad habits, tidy your apps, prune your email, and take time away. Lastly, you will create a new, healthier relationship with your phone and establish habits and routines to ensure this new

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relationship sticks. You don't have to give up your phone forever; instead you will be more mindful not only of how you use your phone, but also about how you choose to spend the precious moments of your life.

THE NEW YORK TIMES AND USA TODAY BESTSELLER! The secret to successful word-of-mouth marketing on the social web is easy: BE LIKEABLE. A friend's recommendation is more powerful than any advertisement. In the world of Facebook, Twitter, and beyond, that recommendation can travel farther and faster than ever before. Likeable Social Media helps you harness the power of word-of-mouth marketing to transform your business. Listen to

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your customers and prospects. Deliver value, excitement, and surprise. And most important, learn how to truly engage your customers and help them spread the word. Praise for Likeable Social Media: Dave Kerpen's insights and clear, how-to instructions on building brand popularity by truly engaging with customers on Facebook, Twitter, and the many other social media platforms are nothing short of brilliant. Jim McCann, founder of 1-800-FLOWERS.COM and Celebrations.com Alas, common sense is not so common. Dave takes you on a (sadly, much needed) guided tour of how to be human in a digital world. Seth Godin, author of Poke the Box Likeable Social Media cuts

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through the marketing jargon and technical detail to give you what you really need to make sense of this rapidly changing world of digital marketing and

communications. Being human — being likeable — will get you far.

Scott Monty, Global Digital

Communications, Ford Motor

Company Dave gives you what

you need: Practical, specific how-

to advice to get people talking

about you. Andy Sernovitz, author

of Word of Mouth Marketing: How

Smart Companies Get People

Talking

The Guardian's Pick for Best

Science Fiction Book of the Year!

A timely and uncanny portrait of a

world in the wake of fake news,

diminished privacy, and a total

shutdown of the Internet BEFORE:

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In Bristol's center lies the Croft, a digital no-man's-land cut off from the surveillance, Big Data dependence, and corporate-sponsored, globally hegemonic aspirations that have overrun the rest of the world. Ten years in, it's become a center of creative counterculture. But it's fraying at the edges, radicalizing from inside. How will it fare when its chief architect, Rushdi Mannan, takes off to meet his boyfriend in New York City—now the apotheosis of the new technoutopian global metropolis? AFTER: An act of anonymous cyberterrorism has permanently switched off the Internet. Global trade, travel, and communication have collapsed. The luxuries that characterized modern life are

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scarce. In the Croft, Mary—who has visions of people presumed dead—is sought out by grieving families seeking connections to lost ones. But does Mary have a gift or is she just hustling to stay alive? Like Grids, who runs the Croft's black market like personal turf. Or like Tyrone, who hoards music (culled from cassettes, the only medium to survive the crash) and tattered sneakers like treasure. The world of Infinite Detail is a small step shy of our own: utterly dependent on technology, constantly brokering autonomy and privacy for comfort and convenience. With Infinite Detail, Tim Maughan makes the hitherto-unimaginable come true: the End of the Internet, the End of the World as We Know It.

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Download now to get key insights from this book in 15 minutes. You might have trouble imagining life without your social media accounts, but virtual reality pioneer Jaron Lanier insists that we're better off without them. In his important new audiobook, Lanier, who participates in no social media, offers powerful and personal reasons for all of us to leave these dangerous online platforms behind before it's too late. Lanier's reasons for freeing ourselves from social media's poisonous grip include its tendency to bring out the worst in us, to make politics terrifying, to trick us with illusions of popularity and success, to twist our relationship with the truth, to disconnect us from other people

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even as we are more “connected” than ever, to rob us of our free will with relentless targeted ads. How can we remain autonomous in a world where we are under continual surveillance and are constantly being prodded by algorithms run by some of the richest corporations in history that have no way of making money other than being paid to manipulate our behavior? How could the “benefits” of social media possibly outweigh the catastrophic losses to our personal dignity, happiness, and freedom? Lanier remains a tech optimist, so while demonstrating the evil that rules social media business models today, he also envisions a humanistic setting for social networking that can direct

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*us towards richer and fuller way
of living and connecting with our
world.*

*Ten Arguments For Deleting Your
Social Media Accounts Right Now
Which Side of History?*

Automating Humanity

*Why and How You Should Take
Back Control of Your Data*

*Summary of Jaron Lanier's Ten
Arguments for Deleting Your*

Social Media Accounts Right Now

How to Break Up With Your Phone

Dawn of the New Everything

***Do you ever obsess about
your body? Do you lie awake
at night, fretting about the
state of your career? Does
everyone else's life seem
better than yours? Does it
feel as if you'll never be good***

enough? Why Social Media is Ruining Your Life tackles head on the pressure cooker of comparison and unreachable levels of perfection that social media has created in our modern world. In this book, Katherine Ormerod meets the experts involved in curating, building and combating the most addictive digital force humankind has ever created. From global influencers - who collectively have over 10 million followers - to clinical psychologists, plastic surgeons and professors,

Katherine uncovers how our relationship with social media has rewired our behavioural patterns, destroyed our confidence and shattered our attention spans. Why Social Media is Ruining Your Life is a rallying cry that will provide you with the knowledge, tactics and weaponry you need to find a more healthy way to consume social media and reclaim your happiness. Reviews for Why Social Media is Ruining Your Life: 'This book is a call to arms from the eye of the storm' - Emma Gannon, author of

***The Multi-Hyphen Method
'Enter Ormerod's vital
manual, which will help you
navigate social media and
turn it not into a weapon,
but a useful tool' - Pandora
Sykes***

***The ebook edition of this
title is Open Access, thanks
to Knowledge Unlatched
funding, and freely available
to read online. This book
investigates the profound
effects 21st century digital
technology is having on our
individual and collective
lives and seeks to confront
the realities of a new digital
age.***

The shocking and eye-opening new manifesto from international award-winning designer Joe Toscano that unravels and lays bare the power agendas of the world's greatest tech titans in plain language, and deliver a fair warning to policymakers, civilians, and industry professionals alike: We need a strategy for the future, and we need it now. Toscano touches on everything from technology, economics and public policy to psychology, history and ethics, and writes in a way that is accessible to everyone from

the average reader to the technical expert.

Are you looking for a God-conscious husband who will be compatible with you? Getting married is one of the most important decisions of your life. So, before you embark on your marriage journey, you need answers so you have clarity and the confidence to find a compatible husband. Smart Single Muslimah is a thought provoking Muslim marriage guide for Muslim women. In the book, you'll discover: How to find a husband How to find out if

you are compatible What questions to ask a potential spouse? How to deal with disappointment Adopting a smart Islamic approach to relationships is about following some simple prophetic principles that will help you change your habits and attitudes about getting married. If you want honest pre-marriage advice that addresses contemporary issues you're facing. Then you'll love Farhat Amin's perceptive book. Buy Smart Single Muslimah to begin your marriage journey today! You Are Not a Gadget

Tools for Thought

**Sleeping Through the
Revolution**

**D. S. M. 7 Steps to Social
Media Abstinence: the
Desktop Guide to Deleting
Social Media. Why Big Social
Is Ruining You and No, It's
Not Just a 'Digital Native'
Dilemma**

Lean Impact

**Breaking the Social Media
Prism**

Essays

*Are we really being ourselves
on social media? Can we
benefit from connecting with
people we barely know online?
Why do some people overshare*

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on social networking sites?

The Psychology of Social Media explores how so much of our everyday lives is played out online, and how this can impact our identity, wellbeing and relationships. It looks at how our online profiles, connections, status updates and sharing of photographs can be a way to express ourselves and form connections, but also highlights the pitfalls of social media including privacy issues. From FOMO to fraping, and from subtweeting to selfies, The Psychology of Social Media shows how social media has developed a whole

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new world of communication, and for better or worse is likely to continue to be an essential part of how we understand our selves.

Named one of the best books of 2017 by The Economist, The Wall Street Journal, & Vox The father of virtual reality explains its dazzling possibilities by reflecting on his own lifelong relationship with technology Bridging the gap between tech mania and the experience of being inside the human body, Dawn of the New Everything is a look at what it means to be human at a moment of unprecedented technological possibility.

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Through a fascinating look back over his life in technology, Jaron Lanier, an interdisciplinary scientist and father of the term “virtual reality,” exposes VR’s ability to illuminate and amplify our understanding of our species, and gives readers a new perspective on how the brain and body connect to the world. An inventive blend of autobiography, science writing, philosophy and advice, this book tells the wild story of his personal and professional life as a scientist, from his childhood in the UFO territory of New Mexico, to the loss of his mother, the founding of the

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first start-up, and finally becoming a world-renowned technological guru.

Understanding virtual reality as being both a scientific and cultural adventure, Lanier demonstrates it to be a humanistic setting for technology. While his previous books offered a more critical view of social media and other manifestations of technology, in this book he argues that virtual reality can actually make our lives richer and fuller.

You might have trouble imagining your world without your social media, but former Fortune 500 IT consultant &

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engineer turned clinical mental health researcher & crisis intervention counselor, J.A. Thomas insists that we're far better off without it. In D.S.M. 7 Steps to Social Media Abstinence: The Desktop Guide to Deleting Social Media. Why Big Social is Ruining You and No, It's Not Just a 'Digital Native' Dilemma. Why It's Time to End The Social Media Disease and Go Offline. Thomas, who is one of a growing army of industry experts going offline, offers powerful and personal reasons for all of us to abandon these treacherous online platforms. The book's rationale

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for freeing ourselves from social media's toxic grip include the applications' inherent lures that bring out the worst parts of us and innate programmatic abilities to trick us with illusions of popularity and success. In it, the reader witnesses the dangers of social media usage from a law enforcement and clinical mental health perspective. How can we remain autonomous in a world where we are being manipulated and sold to at every click and held under constant surveillance by the wealthiest corporations in history that have no way of

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making money other than being paid to manipulate our behavior and rewire our brains? How could the benefits of social media applications possibly outweigh the tragic losses to our personal health, dignity, and freedom? J.A. Thomas left a lucrative career in Big Tech in pursuit of investigating online crime with law enforcement. She hopes to foster transparent public health information surrounding the dangers of social media usage and its links to severe mental health conditions and the illicit online sex & drug trades. The methodologies introduced in

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D.S.M. 7 insist in total abstinence from all social media applications as key to driving us towards richer and more meaningful ways of living by connecting us back to the world beyond the tiny blue screen.

Is the first thing you do when you wake up to grab your phone and check notifications? Do you often end up spending 10-20 minutes on social media without realizing it? What about the discomfort when your phone is not around, or there's no Internet connection? These might seem like innocent daily actions, but are actually habitual behaviors

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that are dangerous for our mind, body and spirit. By preferring digital socializing, we forget how to communicate face-to-face and even avoid it. We start living in our feeds and are often prompted to join new channels. We add people we don't really know to a friend list that doesn't mean much in real life. And we follow the lives of people, while becoming unhappy about what we lack in ours. But you don't need to live this way. It's time to get back your attention, time and peace of mind, to start forming real relationships again and be more productive. All that can

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happen by not just learning how to use social media mindfully and with limits, but also ditching it for some time to be free from its negative influence. This book will show you how!

Insights on Jaron Lanier's Ten Arguments for Deleting Your Social Media Accounts Right Now

How to Innovate for Radically Greater Social Good

Ten Arguments for Deleting Your Social Media Accounts Right Now

The 30-Day Plan to Take Back Your Life

The Twittering Machine

How to Make Our Platforms

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*Less Polarizing
Possible Minds*

Want to explore the least talked about positive and negative effects of social media? Experts on psychology and sociology view social media as a double-edged sword. It certainly has improved our life in terms of how we can get information in a matter of seconds. On the other hand, it has become an agent for disinformation, reduced productivity, and unhealthy screen time

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habits. Like all swords, people must know how to wield social media to their advantage. The first step is knowing what entails its use—the good, the bad, and the ugly. Free yourself from the ball and chain of the Internet and social media with Calvin Robbins' *Unsocial Media!* *Unsocial Media* sheds light on the negative and positive impacts of social media, addictions, and privacy concerns. Get a nuanced grasp on how these

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platforms are intended to catch your attention, latching on to your life, and sucking you into a deep abyss of addictive behaviours.

This book explores the science and logic behind social media platforms.

It also covers these sites' effects on mental health, particularly its destructive effects on emotional well-being.

Discover why and how smartphone addiction happens and how social media exacerbates this problem. Robbins also

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enlightens the readers on security and privacy concerns. Know how to recognise advertisements that blur the line between bespoke content and predatory surveillance. Our book also contains a relevant discussion on how the Internet and social media shape public opinion. In this book, you'll encounter: ? Tips on how you can manage your screen time ? Learn the red flags indicating phone fixation, internet abuse, and internet

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compulsion issues ?

Comprehensive yet easy-to-digest topics around social media Take charge of your digital freedom.

Add Unsocial Media:

Breaking Free from the Shackles of Social Media to your basket TODAY!

A brilliant probe into the political and psychological effects of our changing

relationship with social media Former social media executives tell us that the system is an addiction-machine. We are users, waiting for

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our next hit as we like, comment and share. We write to the machine as individuals, but it responds by aggregating our fantasies, desires and frailties into data, and returning them to us as a commodity experience. The Twittering Machine is an unflinching view into the calamities of digital life: the circus of online trolling, flourishing alt-right subcultures, pervasive corporate surveillance, and the virtual data

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mines of Facebook and Google where we spend considerable portions of our free time. In this polemical tour de force, Richard Seymour shows how the digital world is changing the ways we speak, write, and think. Through journalism, psychoanalytic reflection and insights from users, developers, security experts and others, Seymour probes the human side of the machine, asking what we're getting out of it, and what we're getting

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into. Social media held out the promise that we could make our own history—to what extent did we choose the nightmare that it has become?

“Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times.” —Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers* “One of the most mesmerizing and important books I’ve

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read in quite some time.

Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity." —Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one

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behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary

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book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become

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almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children. Adam Alter's previous book,

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Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave is available in paperback from Penguin.

Despite enormous investments of time and money, are we making a dent on the social and environmental challenges of our time? What if we could exponentially increase our impact? Around the world, a new generation is looking beyond greater profits, for meaningful purpose. But, unlike business,

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few social interventions have achieved significant impact at scale. Inspired by the modern innovation practices, popularized by bestseller *The Lean Startup*, that have fueled technology breakthroughs touching every aspect of our lives, *Lean Impact* turns our attention to a new goal - radically greater social good. Social change is far more complicated than building a new app. It requires more listening,

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more care, and more stakeholders. To make a lasting difference, solutions must be embraced by beneficiaries, address root causes, and include an engine that can accelerate growth to reach the scale of the need. Lean Impact offers bold ideas to reach audacious goals through customer insight, rapid experimentation and iteration, and a relentless pursuit of impact. Ann Mei Chang brings a unique

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perspective from across sectors, from her years as a tech executive in Silicon Valley to her most recent experience as the Chief Innovation Officer at USAID. She vividly illustrates the book with real stories from interviews with over 200 organizations across the US and around the world. Whether you are a nonprofit, social enterprise, triple bottom line company, foundation, government agency, philanthropist, impact investor, or

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simply donate your time and money, Lean Impact is an essential guide to maximizing social impact and scale.

Unsocial Media
How Screen and Mind
Interact