



## The Future of Happiness: 5 Modern Strategies for Balancing Productivity and Well-Being in the Digital Era

By Amy Blankson

Blackstone Audiobooks, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Technology--at least in theory--is improving our productivity, efficiency, and communication. The one thing it's not doing is making us happier. We are experiencing historically high levels of depression and dissatisfaction. But it doesn't have to be that way. Technology can drive--not diminish--human happiness. Our brains receive 11 million bits of information every second but can only process 40 bits at any given time. Thanks to the latest technology, you have a say in what information you consume. We now have the tools to train our brains to scan the world for the positive, trumping our genes and our environment to reach our full potential. Knowing that technology is here to stay and will continue to evolve in form and function, we need to know how to navigate the future to achieve a better balance between technology, productivity, and wellbeing. In *The Future of Happiness*, author Amy Blankson, cofounder of the global positive psychology consulting firm GoodThink, unveils five strategies that successful individuals can use to not just survive--but to actually thrive--in the Digital Age: Stay grounded by managing our use of technology and recognizing that distraction is a choice. Think...



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