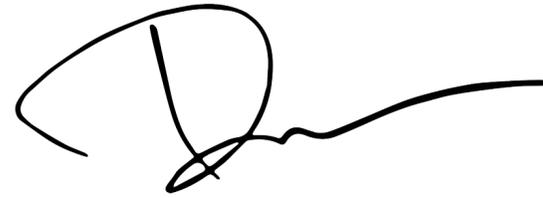




CENTAURIC

CLARITY | ALIGNMENT | ACTION



DANNYKIMM.COM

FROM CHAOS TO CREATIVITY

Creating Meaningful Connections in a Technology Crazy World



**| My recreational activities are
reduced due to smartphone use**



**Because of my smartphone,
my sleep quality and total sleep
time has decreased**



**I feel restless and irritable when
my smartphone is unavailable**



**Because of my smartphone,
I spend more money than
I intended**

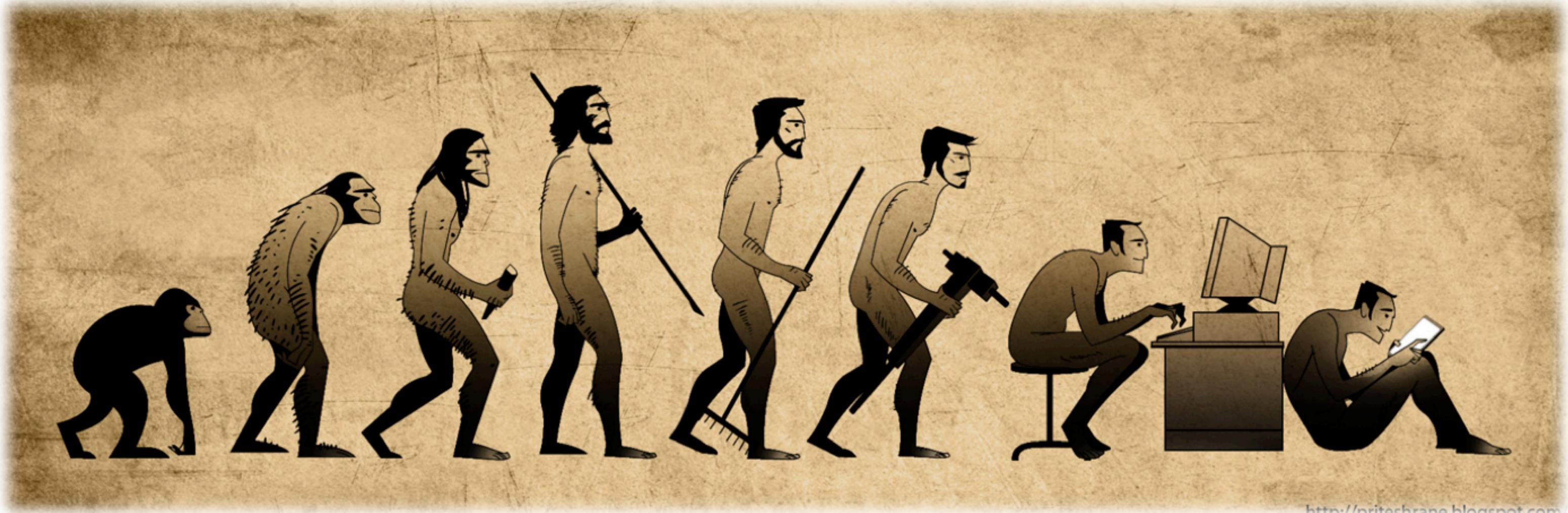


I was told more than once that
I spent too much time on my
smartphone



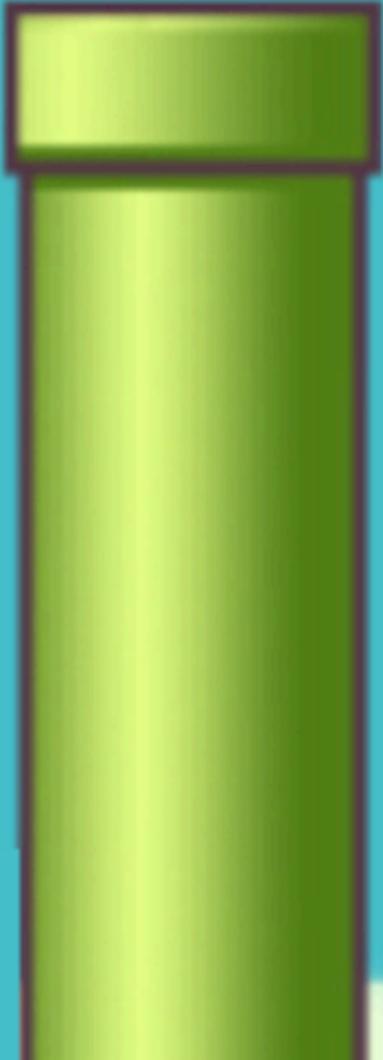
Smartphone Addiction Inventory (SPAI)

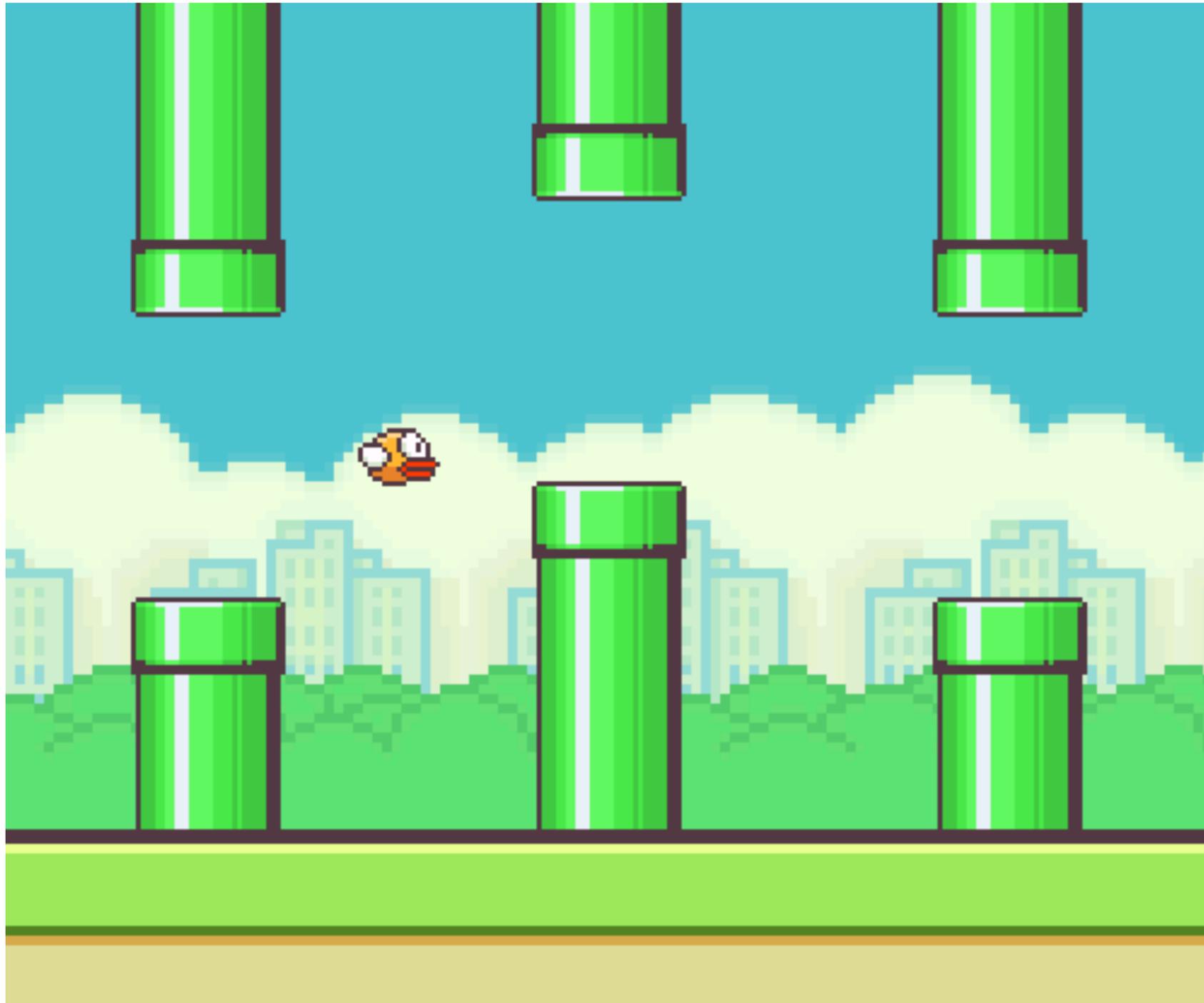


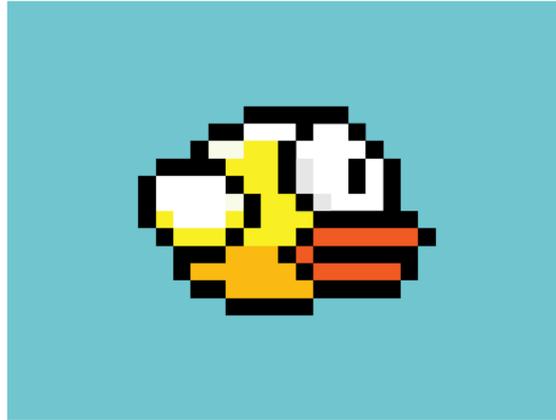


<http://priteshrane.blogspot.com/>

FLAPPY BIRD

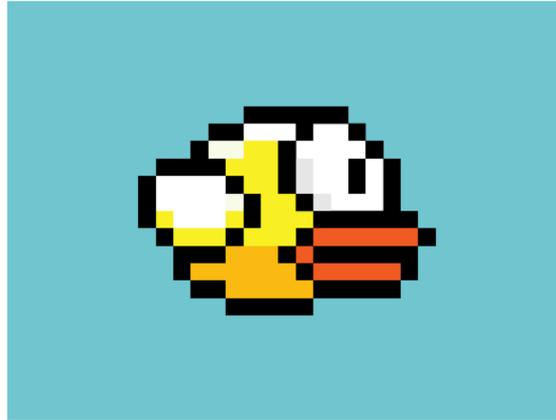






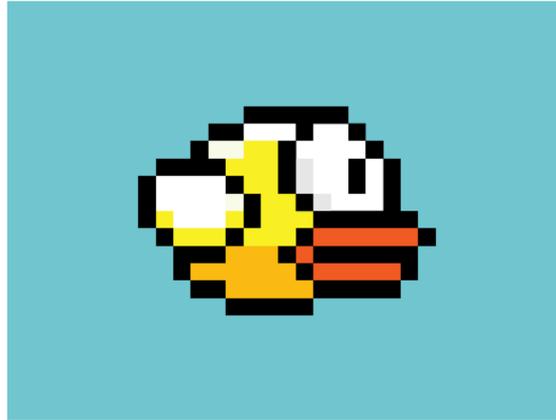
**“It ruined my life...
It’s side effects are worse than cocaine/meth”**

-Jasoom 79



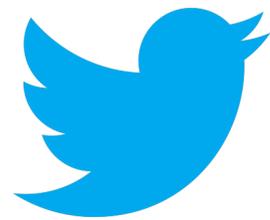
“The Apocalypse... My life is over”

-Walter19230



**“Let me start by saying DO NOT download Flappy Bird...
People warned me, but I don’t care...
I don’t sleep, I don’t eat. I’m losing friends.”**

–Mxndlsnsk



“I am sorry ‘Flappy Bird’ users
...22 hours from now...
I will take ‘Flappy Bird’ down.
I cannot take this anymore.”

"As if to prove his point, Adam Alter has written a truly addictive book about the rise of addiction. *Irresistible* is a fascinating and much needed exploration of one of the most troubling phenomena of modern times."

—MALCOLM GLADWELL

IRRESISTIBLE

THE RISE OF ADDICTIVE
TECHNOLOGY AND THE BUSINESS
OF KEEPING US HOOKED



ADAM ALTER

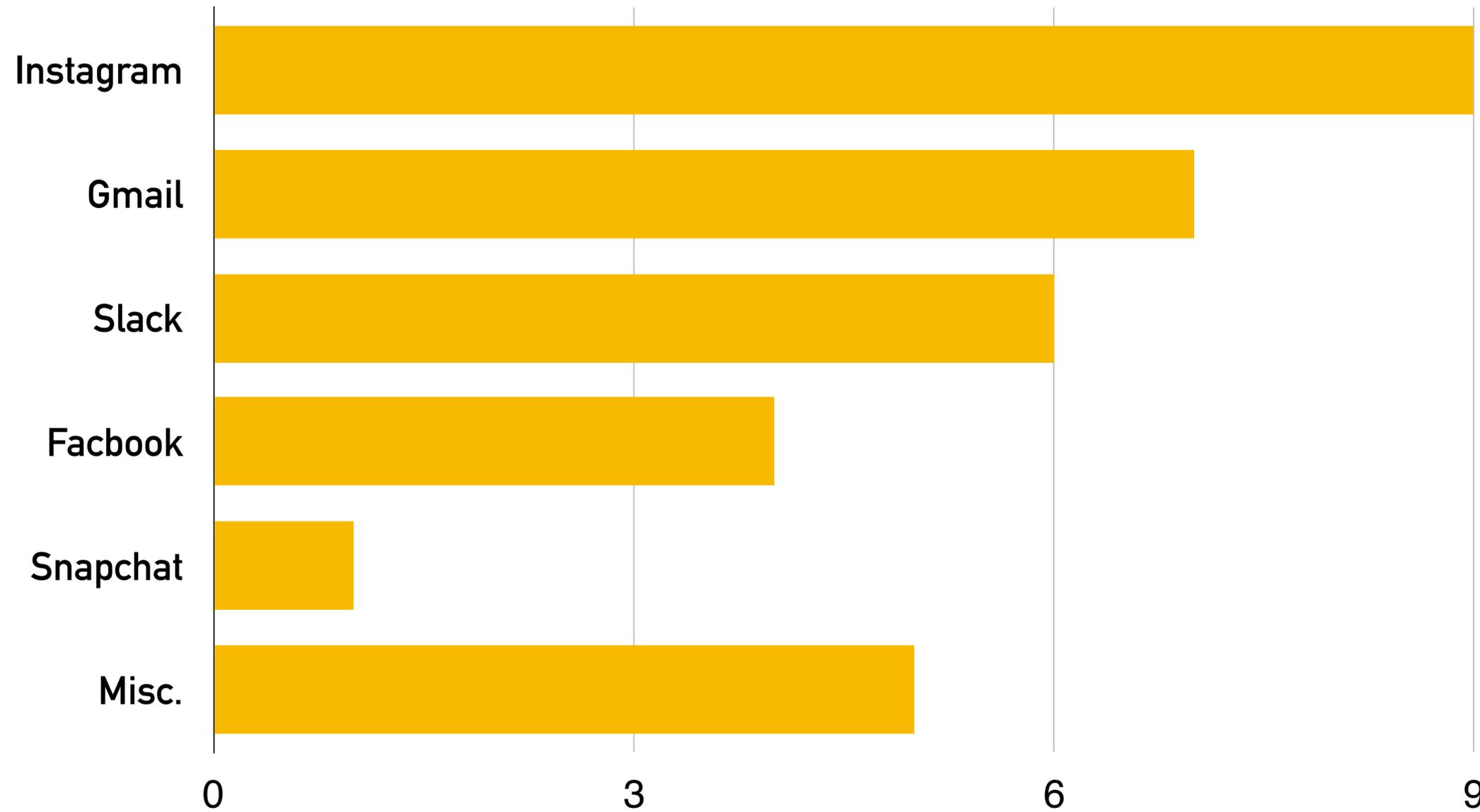
NEW YORK TIMES bestselling author of DRUNK TANK PINK



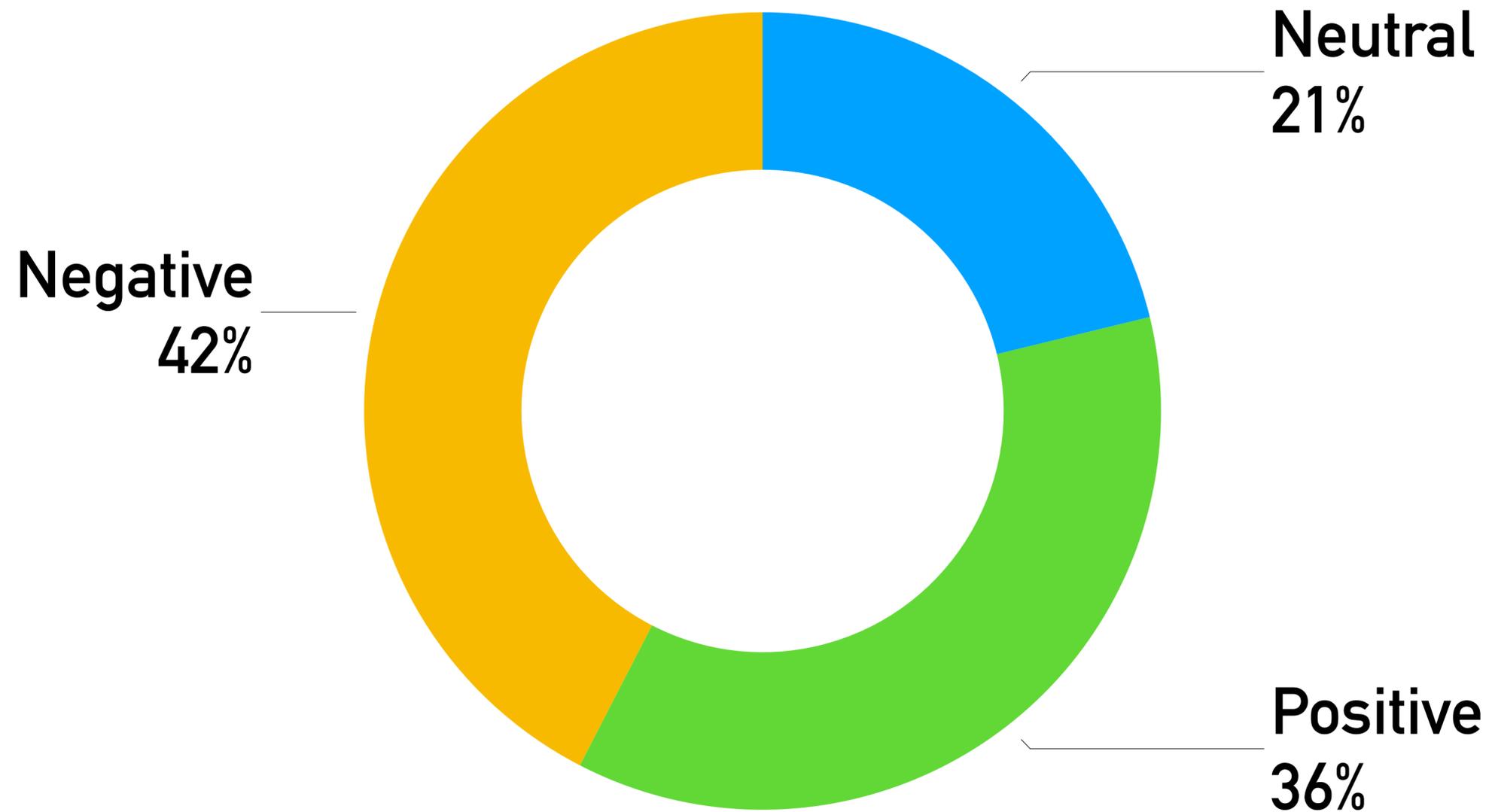
DANNYKIMM.COM



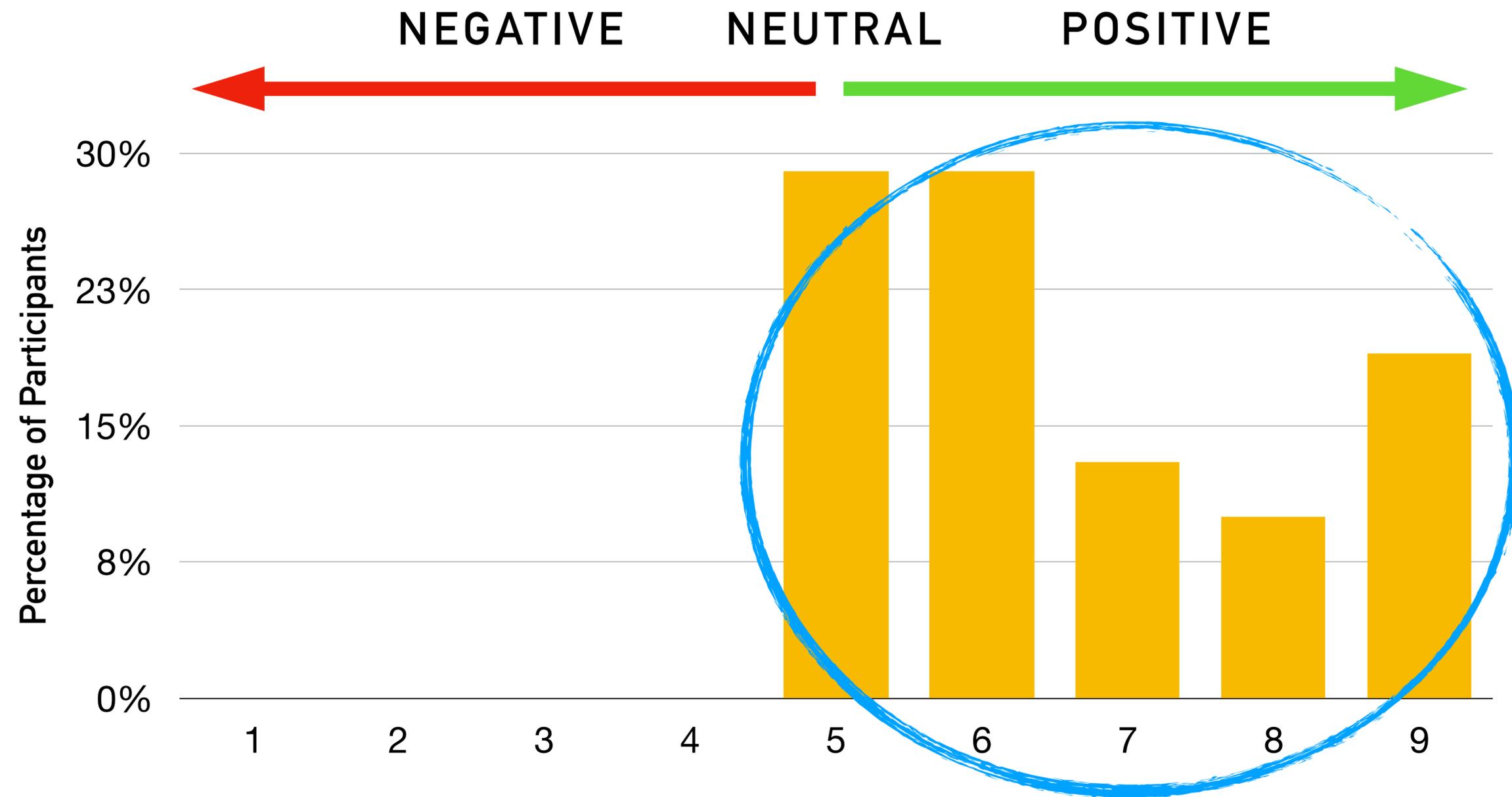
What's one app you would delete to increase your focus?



What's one word to describe how you feel putting your phone away?



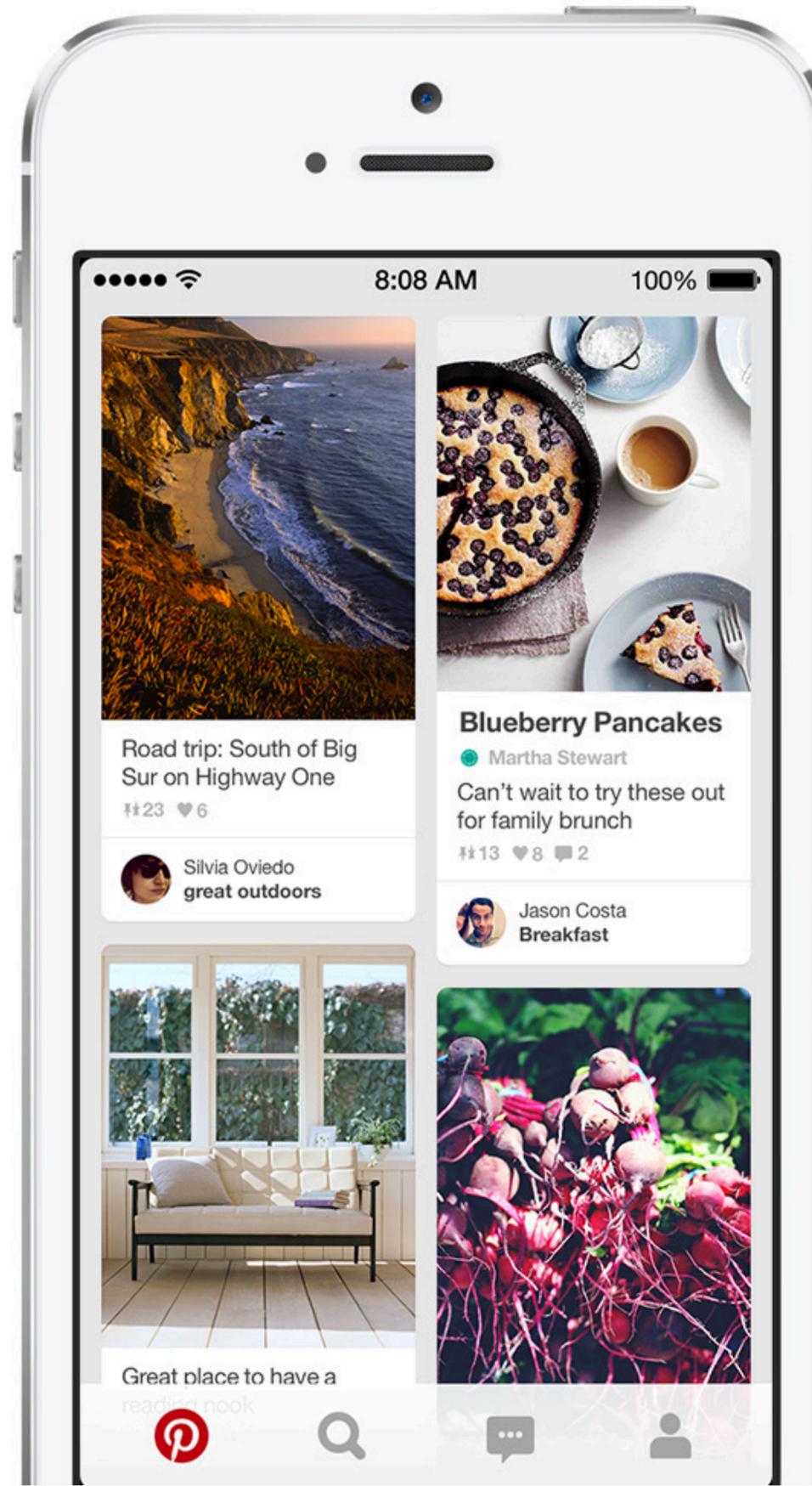
On a scale from 1-9, what was the impact of NOT having your smartphone during this workshop?



**“Technology hijacks the way we perceive our choices
and replaces them with new ones.”**

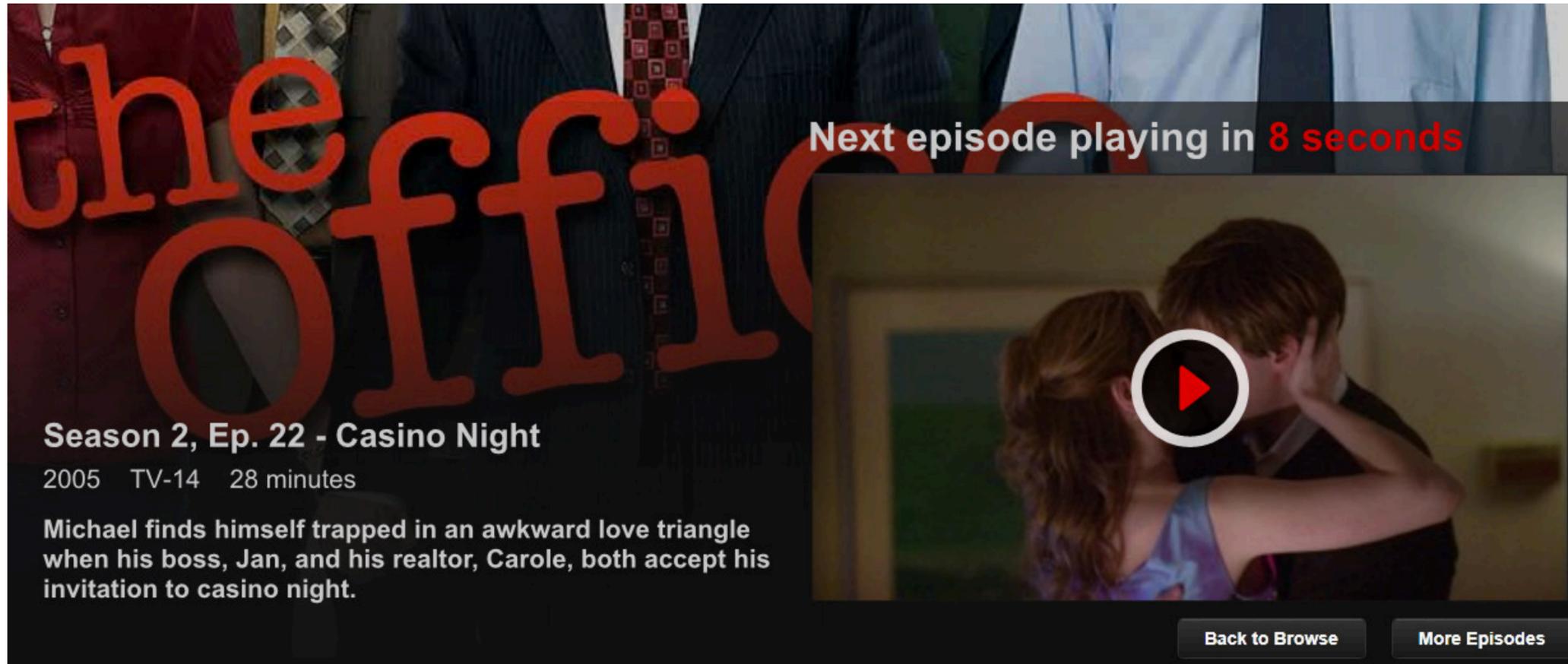
–Tristan Harris

Pinterest




DANNYKIMM.COM

NETFLIX



the Office

Next episode playing in 8 seconds

Season 2, Ep. 22 - Casino Night
2005 TV-14 28 minutes

Michael finds himself trapped in an awkward love triangle when his boss, Jan, and his realtor, Carole, both accept his invitation to casino night.

Back to Browse More Episodes

The image shows a Netflix video player interface. The background is a dark red color with the words 'the Office' in a large, orange, stylized font. A video player window is open, showing a scene from the show with a play button in the center. A dark grey bar at the top of the player says 'Next episode playing in 8 seconds'. Below the player, there is a description of the episode: 'Season 2, Ep. 22 - Casino Night', '2005 TV-14 28 minutes', and a synopsis: 'Michael finds himself trapped in an awkward love triangle when his boss, Jan, and his realtor, Carole, both accept his invitation to casino night.' At the bottom right of the player, there are two buttons: 'Back to Browse' and 'More Episodes'.



Frequently Bought Together



Price for all three: **\$55.65**

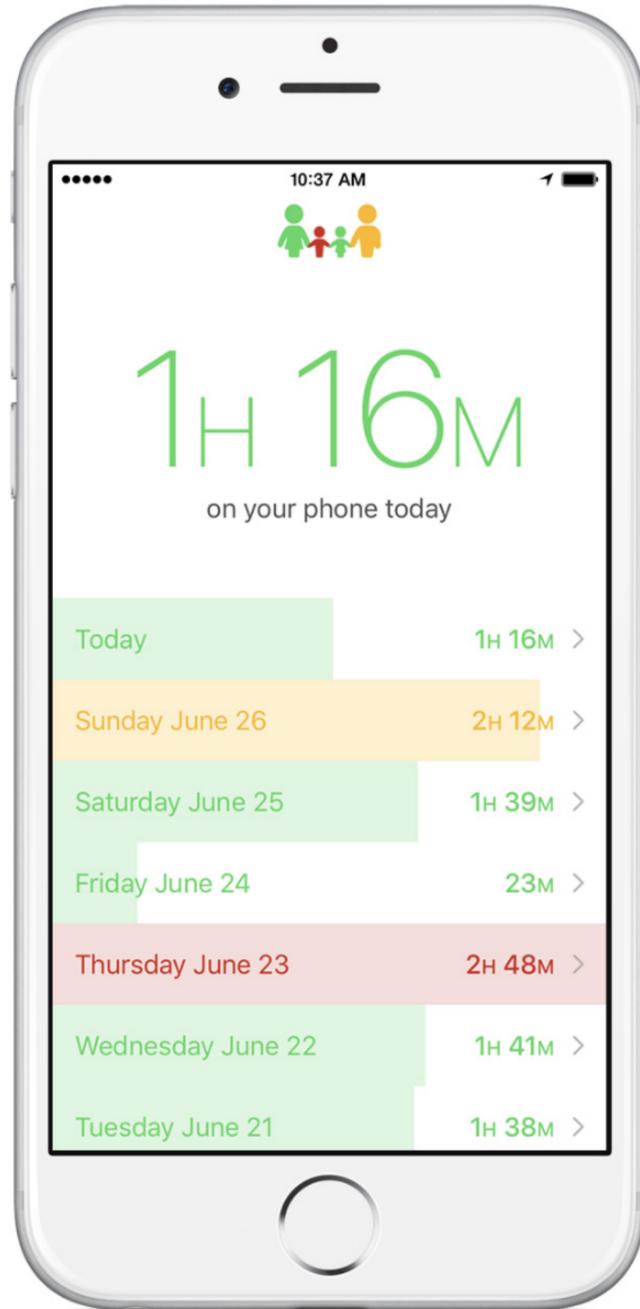
[Add all three to Cart](#) [Add all three to Wish List](#)

[Show availability and shipping details](#)

- ✓ **This item:** Burt's Bees Naturally Ageless Night Creme, 2-Ounce Jar **\$18.20**
- ✓ Burt's Bees Naturally Ageless Line Smoothing Eye Cream, 0.5 Ounces **\$17.16**
- ✓ Burt's Bees Naturally Ageless Line Diminishing Day Lotion, 2 Ounces **\$20.29**

OS Update #1

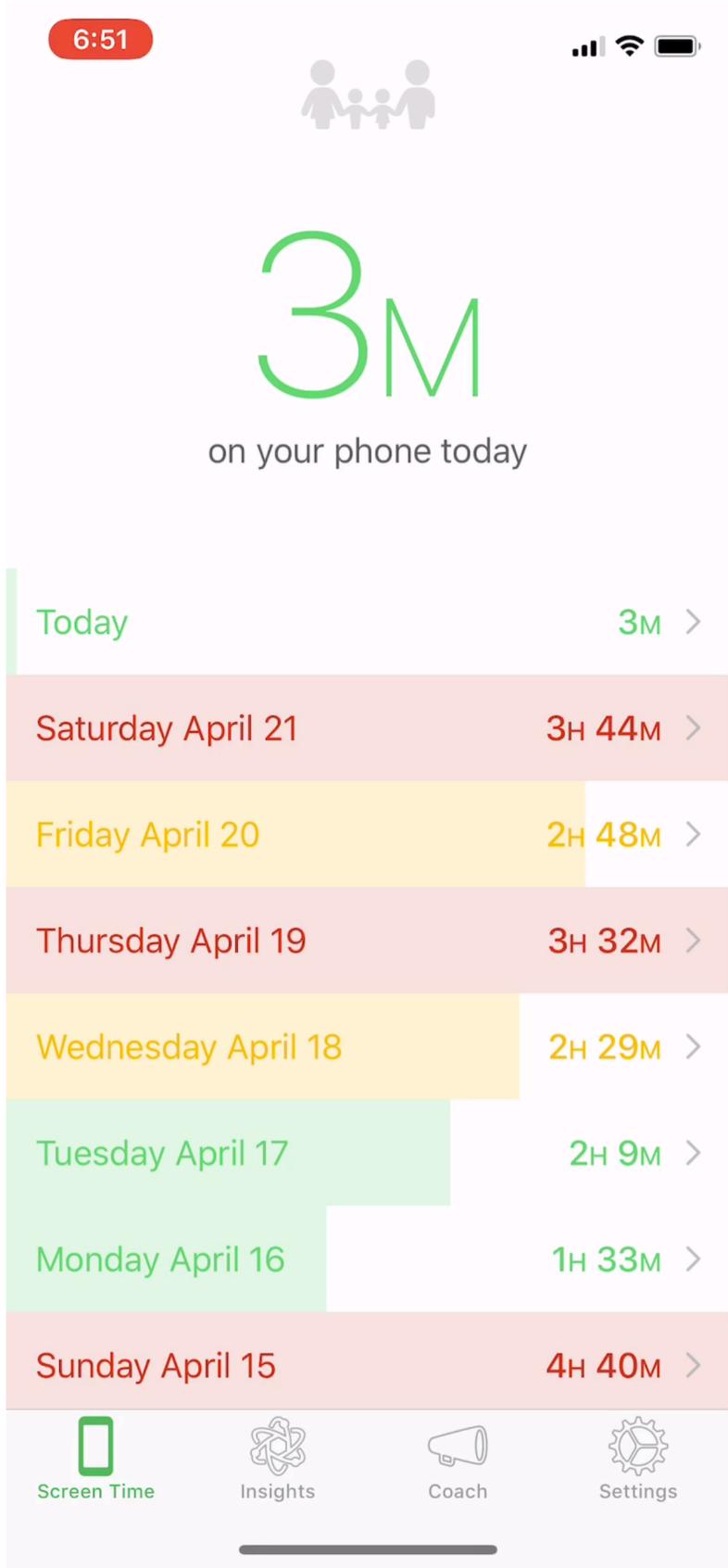
Be mindful of your technology use



Moment

Put down your phone and get back to your life







How to start using Screen Time



TIME
cube

OS Update #2

Be mindful of your physical space

JUST ONE BITE...



SLOTHILDA.COM



Internal

External

**Toward JOMO:
The Joy of Missing Out &
The Freedom of Disconnecting**

–Julie Aranda & Safia Biag

OS Update #3

Practice JOMO

**“JOMO is not a misspelling of ‘mojo’ but, rather,
stands for ‘joy of missing out’.
The antithesis of FOMO (fear of missing out)...**

–Hayley Phelan

**JOMO is about connecting,
opting out and being O.K. just where you are.
JOMO is about finding balance.”**

–Hayley Phelan



“I created OASIS because I never felt at home in the real world. I didn’t know how to connect with the people there. I was afraid for all my life, right up until I knew it was ending.

–James Halliday, Ready Player One

That was when I realized, as terrifying and painful as reality can be, it's also the only place where you can find true happiness. Because reality is real."

–James Halliday, Ready Player One

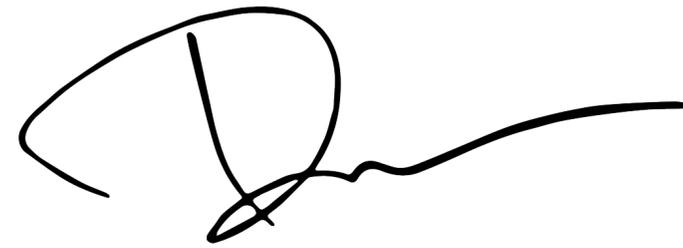
“I see you”

“I’m glad you’re here”

“You are a CREATIVE”



CENTAURIC



DANNYKIMM.COM

References

- Alter, A. L. (2017). Irresistible: The rise of addictive technology and the business of keeping us hooked.
- Carr, N. G. (2011). The shallows: What the Internet is doing to our brains.
- Gunatillake, R. (2017). Modern mindfulness: How to be more relaxed, focused, and kind while living in a fast, digital, always-on world.
- Greenfield, A. (2018). Radical technologies: The design of everyday life.
- Klosterman, C. (2010). My Zombie, Myself: Why Modern Life Feels Rather Undead. <https://www.nytimes.com/2010/12/05/arts/television/05zombies.html>
- Newport, C. (2016). Deep work: Rules for focused success in a distracted world.
- Twenge, J. M. (2017). IGen: Why today's super-connected kids are growing up less rebellious, more tolerant, less happy-- and completely unprepared for adulthood (and what this means for the rest of us).