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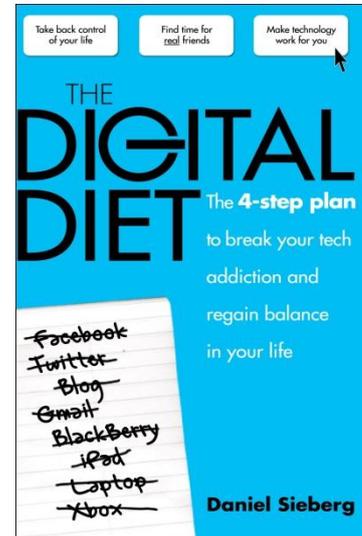
PRESS RELEASE

THE DIGITAL DIET

The 4-Step Plan to Break Your Tech
Addiction and Regain Balance in Your Life

By Daniel Sieberg

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Have you ever felt that something hasn't really happened until you have posted it on Facebook or Twitter? Does a flashing red light on your Blackberry make your heart flutter? Do you find yourself checking emails on your smart phone while your child is talking to you? Do you feel anxious if you are offline for any length of time? Are there times when you feel overwhelmed by technology? If you said 'yes' to any of these questions then maybe it's time for a digital detox.

THE DIGITAL DIET is a life changing book that will help you take back control of your life, find time for REAL friends, and make technology work for you. It isn't about cutting out technology all together but about helping you take a step back from digital dependency and use it in a healthier way.

Daniel Sieberg's 4-step, 28-day plan will teach you to:-

- **THINK:** How has technology affected your physical, mental and emotional health?
- **BOOT:** Take stock of your digital intake and step back from the device
- **CONNECT:** Restore relationships that have been harmed by the technology in your life
- **VITALIZE:** Learn how to live with technology in a healthy way

THE DIGITAL DIET can be tailored to your needs depending on age, profession, hobbies, and lifestyle, but for everyone the focus is on making technology **serve** you rather than letting it take over your life. As Sieberg says, *'Be the master, not the slave.'*

About the author: Daniel Sieberg is an Emmy-nominated journalist and a former technology correspondent for CBS and CNN. He hosts technology programmes for online channel ABC News NOW. He will be in the UK and available for interviews in January 2012.

For a review copy and to arrange an interview with the author please call Jane Beaton at Kew Publicity on 07802 433471, janebeaton@tiscali.co.uk.