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Outsmart Your Smartphone—Conscious Tech Habits for Finding Happiness, Balance, and Connection IRL

It's no secret that we live in a world that depends on technology. A recent Nielsen report revealed that adults in the US devote roughly 10 hours or more hours each day to consuming media on screens—including television, computer, smartphones, and tablets—and this number is projected to increase in the years to come. When holding a smartphone in our hand, communicating through abbreviations and “doing it for the ‘gram” have become our normal, it's time we develop a *healthy* balance between spending time on our phones and focusing on our well-being.

Written by technology consultant **Tchiki Davis, PhD**, *Outsmart Your Smartphone* (New Harbinger Publications, November 2019), is a refreshingly honest how-to guide that teaches readers how to use technology in better ways to boost happiness and improve connections and communication on- and offline.

“How do we outsmart our smartphones? To succeed in my mission to increase happiness, I knew I needed to answer this question. And as an expert smack-dab in the middle of the happiness and technology industries, I knew I was the right person for the job. So I started researching, testing, and reflecting on the different strategies we can use to outsmart our smartphones. And that's how this book was born.”- Tchiki Davis, PhD

Outsmart Your Smartphone is not a book about the evils of technology—it's a road map for achieving happiness using all the tools available to you, including your phone. With this smart and irreverent guide, you'll find seven steps to help you use technology in ways that increase your well-being, and find tips and tricks for overcoming the obstacles that technology creates.

This book will teach readers to:

- Reconnect with your values, including kindness and gratitude
- Find your purpose in life—and then live it
- Use technology to do good things in the world
- Be fully present in each moment using mindfulness

Our technology crazed, social media-obsessed world does nothing if not make us more self-focused. This book will help you harness the power of that focus and magnify your happiness, for yourself and the greater good. You don't even have to throw out your phone!

-more-

What People Are Saying:

“Honest, cogent, practical, and deep, *Outsmart Your Smartphone* addresses an issue at the forefront of nearly every parent’s and every young adult’s worry list—that is, has my smartphone outsmarted me? Through a step-by-step, sensitive, evidence-based approach, Davis challenges the reader by suggesting do-able strategies to enhance real connections, foster positive life skills, and reduce undue reliance on those rectangular, ‘intelligent’ objects that dominate our lives. Highly recommended.”

—**Stephen Hinshaw, PhD**, professor in the department of psychology at the University of California, Berkeley; professor in the department of psychiatry at the University of California, San Francisco; and author of *Another Kind of Madness*

“Our smartphones are making us miserable, yet we increasingly need them to navigate our lives. How can we prioritize happiness, balance, and connection, despite this tech? That’s where happiness psychologist and researcher Tchiki Davis comes in. She shares seven game-changing steps we can take to lead happier lives with our smartphones. Through stories of her own and others’ experiences, along with insights from brain science and behavioral research, Tchiki empowers us to build a healthier relationship with our smartphone.”

—**Gayle Allen, EdD, MBA**, CEO of The Innovators’ Circle, and host of the Curious Minds podcast

About the Author:

Tchiki Davis, PhD, is a technology consultant, writer of the blog *Click Here for Happiness for Psychology Today*, and cocreator of online programs that have helped more than a million people worldwide find balance and joy.

Foreword writer **Melanie Greenberg, PhD**, is a practicing clinical and health psychologist in Marin County, CA; a top social media influencer in her field; and writer of the blog *The Mindful Self-Express for Psychology Today*.

Outsmart Your Smartphone:

Conscious Tech Habits for Finding Happiness, Balance, and Connection IRL

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