

Unplugged

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Unplugged

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KOCH RIDDLE

The 12 Steps Unplugged Harmony

Can Dot and her family make it through a rainy day without any tech? It's pouring rain, and the power's gone out at Dot's house. Should they take it as a challenge to honor the National Day of Unplugging? Playing outside is out of the question, and so is using the many devices Dot is accustomed to. But what might the basement hold? Dot, her friend Hal, Mom, Dad, and Scratch find lots of exciting stuff, including an old spinner game. It turns out it's super fun to watch Dad do charades, Mom speed-sculpt from clay, Hal tweet-sing a song, and Dot hunt for something surprising. Their improvised game keeps them so entertained, they just might decide to stay unplugged a bit longer!

Unplugged gran via

Screen-free. Battery-free. Pure fun. When Unplugged Play was first published as a parent-friendly encyclopedia of games and activities for all ages, Richard Louv, author of *Last Child in the Woods*, called it "A terrific prescription for much of what ails children and parents today." Now Unplugged Play gets a fresh and appealing new life as three separate, brightly designed books, each targeted to a specific age group. The need, of course, is significantly more pressing than when the book was originally published—screens are far more ubiquitous, causing parents even greater concern about their overuse—and these timeless, imaginative, easy-to-implement games are here to the rescue. Each volume includes games to play alone and games to play with siblings and friends and parents. Games to play indoors and games for outside. There are craft projects, music activities, guessing games—the kinds of truly fun activities designed to stretch the imagination, spark creativity, build strong bodies, forge friendships, and explore the real world. The opposite of hunkering down in front of an addictive screen.

VJ Scholastic Inc.

A modernized approach to meditation that will appeal to anyone, even if - especially if - you believe you have no time, you can't sit still, or that "it's just not you." Whether you're a Fortune 500 CEO or someone bogged down with a never-ending to-do list, the proven secret to being more effective and living a happier, healthier life is to hurry up and slow down, to unplug. Studies show that you can get more done - and do it better - by doing less, just by consciously unplugging for a few minutes each day and meditating. This revolutionary book by the founder and CEO of the groundbreaking LA-based meditation studio Unplug Meditation brilliantly simplifies this powerful practice and shows the overwhelmed and overworked how easy it is to unplug in order to relieve stress, regain focus, and recharge. Schwartz debunks the common misperceptions about meditation, including the notion that you need to sit still for long periods of time, or that you need to "turn off your brain." She also shares the life-changing benefits you will experience, the proven science of how meditation literally changes your brain, as well as easy techniques and tips to easily incorporate meditation into your daily life.

Baby Blues Faber Music Limited

(Guitar Recorded Versions). Guitar tab for 14 songs, plus photos from the MTV sessions. About a Girl * All Apologies * Come As You Are * Dumb * Jesus Doesn't Want Me for a Sunbeam * Lake of Fire * The Man Who Sold the World * Oh Me * On a Plain * Penny Royal Tea * Plateau * (New Wave) Polly * Something in the Way * Where Did You Sleep Last Night.

Unplugged Clearwater Publishing Company Incorporated

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One Mother's Search for Balance, Reason, and Sanity in the

Digital Age Penguin

This book begins with a question: What takes the human energy out of an organization and how to get it back? Unplugged is about understanding what happens to employees when they lose their way amidst change, when they become unplugged from purpose, connection, direction, meaning, and value. When they, in a word, lose their energy. The book provides a fresh look at engagement as a choice employees make based on how they perceive the change and on how much discretionary energy they will give to the endeavor. Various factors contribute to employees unplugging. They include experiencing change as loss, repetitive change leading to fatigue and/or apathy, becoming overwhelmed because of additional workload, low work satisfaction, and feeling poorly led.

Medea unplugged Atria Books

Get ready for kid-approved ideas that celebrate the great outdoors year round! Whether you're building forts or making fresh cider, there's something for every kid and every season. Each season is full of excitement waiting to be found and Rachel highlights the best of each one with sections for recipes, nature exploration and play, and natural history: In spring, make candied violets, spruce tip ice cream, or paper from wildflower seeds. Craft a kite, weave flower crowns, and make a DIY fairy garden! When summer comes, whip up herb-infused balms, rosewater, and zucchini boats. Host a backyard camp-out, build a nature exploration pack, cast shadow drawings, sail a leaf-boat, and master giant bubbles. As the days cool for autumn, brew mulled cider, make spiced honey, and discover the deliciousness of homemade apple sauce. Plant bulbs for next year's flowers, create an autumn rainbow, or craft a felted acorn necklace. Cozy up in winter with homemade maple candy, an herbal tea blend, and learn how to set out pine cone bird feeders. Build a snow fort or try some winter stargazing followed by making paper stars. (Or for those in warmer climates, make an ice lantern!) Unique celebrations throughout give the entire family a reason to gather, from winter bonfires and Solstice celebrations to maple tappings and beeswax candle dippings!

The Unplugged Adventures of MTV's First Wave Hazelden Publishing

From New York Times bestselling author Gordon Korman comes a hilarious middle grade novel about a group of kids forced to "unplug" at a wellness camp—where they instead find intrigue, adventure, and a whole lot of chaos. Perfect for fans of Korman's *The Unteachables* and *Masterminds* series, as well as Carl Hiaasen's eco mysteries. As the son of the world's most famous tech billionaire, spoiled Jett Baranov has always gotten what he wanted. So when his father's private jet drops him in the middle of a place called the Oasis, Jett can't believe it. He's forced to hand over his cell phone, eat grainy veggie patties, and participate in wholesome activities with the other kids whom he has absolutely no interest in hanging out with. As the weeks go on, Jett starts to get used to the unplugged life and even bonds with the other kids over their discovery of a baby-lizard-turned-pet, Needles. But he can't help noticing that the adults at the Oasis are acting really strange. Could it be all those suspicious "meditation" sessions? Jett is determined to get to the bottom of things, but can he convince the other kids that he is no longer just a spoiled brat making trouble?

Algebra Unplugged HarperTeen

In the tradition of M. T. Anderson's *Feed* and Scott Westerfeld's *Uglies*, Unplugged is the first in a thrilling and provocative new series that Kass Morgan, New York Times bestselling author of *The 100*, called "chilling and addictive." Skylar Cruz still remembers the day she plugged in and joined the App World for the promise of a better life—the day she left her family behind in the Real World. Skylar is now a virtual teenager and even though she's surrounded by everything she ever dreamed about, she's never felt like she fits in and all she wants is to see her mother and sister again. Skye is desperate and ready to risk everything to unplug from the App World. But she soon learns that the only person she can trust—in either world, including friends and family—is herself.

The Unplugged Family Activity Book Independently Published A charming, meticulously researched, and illuminating look at how technology infiltrates every aspect of raising children today, filled with helpful advice parents can use to best navigate the digital landscape, and ultimately learn to trust their own judgment. There's an app or device for nearly every aspect of parenting today: monitoring your baby; entertaining or educating your toddler; connecting with other new parents for tips, tricks, and community—virtually every aspect of daily life. But it isn't a parenting paradise; the truth is much more complicated. The mother of two young daughters, journalist Sophie Brickman

wondered what living in a tech-saturated world was doing to her and her children. She turned to experts, academics, doctors, and innovators for advice and insight. Baby, Unplugged brings together Brickman's in-depth research with her own candid (sometimes hilarious) personal experience to help parents sort through the wide and often confusing tech offerings available today and to sort out what's helpful and what's not. Filled with relatable and entertaining stories as well as practical takeaways, Baby, Unplugged is destined to become a touchstone for parents today, giving them the permission to forge their own path through the morass of technological options, to restore their faith in themselves, and to help them raise good, social, and engaged people in the modern world.

Cody Unplugged Harvard University Press

Many investors obtain financial information from television and newspapers, but this does not enable them to understand the secrets of achieving financial success. This book is an insider's view covering subjects such as asset allocation, diversification, market neutral trading and risk management. It reveals why some financial products and strategies are better than others and gives a rich and deep understanding of great investing.

How Organizations Lose Their Energy and How to Get It Back HarperCollins

Uses analogies and humor to explain the vocabulary, basic concepts, and strategies of algebra.

Furniture Projects for the Unplugged Woodworker Cengage Learning

Most men today are sent off into society with a broken belief system, which they use to make choices, that get them terrible results with life and women. Men have been conditioned to be the quintessential "nice guy." They're trained to be overly humble, kind to a fault, and that just "being themselves" is enough to attract and keep the woman of their dreams. Men are told to believe that conventional masculinity is toxic, and to put women ahead of their own interests, passions, and purpose. This has led to an entire generation of men forming very unhealthy attachments to women that they, unfortunately, often make their sole focus of their lives. The playbook to women and life has changed, but most men missed the memo. Do you want to succeed, and level up in every area of your life? If so, then this book explains: - The importance of maximizing your looks, money, social status, and game. - Why it's essential to get genuine burning desire from a woman who wants to date you. - The top 20 red flags that you must vet women for a long term relationship. - How to become one of the top 20% of men that women swipe right for on online dating. - Why smart men avoid marriage. And much more. This book exposes the comforting lies you've been told throughout your life for what they really are. Enabling you to become a truly authentic Alpha that chases excellence, and leads a successful passion-filled life.

Summer Unplugged SCB Distributors

From the creator of the bestselling Mr. Panda series comes an amusing picture book about the fun you can have when you unplug.

Doug Unplugged UnpluggedEvolve from Technology to Upgrade Your Fitness, Performance, & Consciousness

The 12 Steps Unplugged

50 Simple Crafts and Recipes for Year-Round Fun HarperCollins

"Add this title to your "Recommended Reading for Summer Camp" bibliographies"--School Library Journal Cody's mom is pulling the plug and sending him off to camp. That means no TV, no video games, no computers-for one whole week! According to his wilderness guide, the first rule of survival is to be prepared. The only thing Cody's not prepared for is how much fun he'll have at camp! "Fans of Cody will stay unplugged themselves until the final pages of this fun-filled story." -Booklist

Unplugged Play: Preschool Workman Publishing Company WARNING: This video game may impair your judgment. It may cause sleep deprivation, alienation of friends and family, weight loss or gain, neglect of one's basic needs as well as the needs of loved ones and/or dependents, and decreased performance on the job. The distinction between fantasy and reality may become blurred. Play at your own risk. Not responsible for suicide attempts, whether failed or successful. No such warning was included on the latest and greatest release from the Warcraft series of massive multiplayer on-line role-playing games (MMORPGs)--World of Warcraft (WoW). So when Ryan Van Cleave--a college professor, husband, father, and one of the 11.5 million Warcraft subscribers worldwide--found himself teetering on the edge of the Arlington Memorial Bridge, he had no one to blame but himself. He had neglected his wife and children and had jeopardized his livelihood, all for the rush of living a life of high

adventure in a virtual world. Ultimately, Ryan decided to live, but not for the sake of his family or for a newly found love of life: he had to get back home for his evening session of Warcraft. A fabulously written and gripping tale, *Unplugged* takes us on a journey through Ryan's semi-reclusive life with video games at the center of his experiences. Even when he was sexually molested by a young school teacher at age eleven, it was the promise of a new video game that lured him to her house. As Ryan's life progresses, we witness the evolution of videogames--from simple two-button consoles to today's complicated multi-key technology, brilliantly designed to keep the user actively participating. As is the case with most recovering addicts, Ryan eventually hits rock bottom and shares with the reader his ongoing battle to control his impulses to play, providing prescriptive advice and resources for those caught in the grip of this very real addiction.

A Young Person's Guide to Alcoholics Anonymous Createspace Independent Pub

In this "highly entertaining snapshot of a wild-frontier moment in pop culture" (Rolling Stone), discover the wild and explosive true

story of the early years of MTV directly from the original VJs. Nina Blackwood, Mark Goodman, Alan Hunter, and Martha Quinn (along with the late J. J. Jackson) had front-row seats to a cultural revolution—and the hijinks of pop music icons like Adam Ant, Cyndi Lauper, Madonna, and Duran Duran—as the first VJs on the fledgling network MTV. From partying with David Lee Roth to flying on Bob Dylan's private jet, they were on a breakneck journey through a music revolution. Boing beyond the compelling behind the scenes tales of this unforgettable era, VJ is also a coming-of-age story about the 1980s, its excesses, controversies, and everything in between. "At last—the real inside story of the MTV explosion that rocked the world, in all its giddy excess, from the video pioneers who saw all the hair, drugs and guitars up close. VJ is the wild, hilarious, addictive tale of how one crazy moment changed pop culture forever" (Rob Sheffield, New York Times bestselling author).

A Simple Guide to Meditation for Busy Skeptics and Modern Soul Seekers Taunton Press

Learn statistics the easy way with STATISTICS UNPLUGGED! Written in a friendly, easy-to-understand style, this practical book takes the intimidation out of statistics and helps you understand

the relevance of statistics to your own life. Interesting examples throughout the book allow you to see what is really going on with the numbers instead of being overwhelmed by the numbers themselves. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Unplugged Simon and Schuster

In the tradition of M. T. Anderson's *Feed* and Scott Westerfeld's *Uglies*, *Unplugged* is the first in a provocative and compelling new series from acclaimed author Donna Freitas. Humanity is split into a dying physical world for the poor and an extravagant virtual world for the wealthy. Years ago, Skylar Cruz crossed over to the App World for a chance at a better life, and her family stayed behind in the Real World. Now Skye is a virtual teenager, surrounded by glamorous apps and expensive downloads—yet she's never felt like she fits in, and all she wants is to see her mother and sister again. Skye is desperate and ready to risk everything to unplug from the App World. But she soon learns that the only person she can trust—in either world, including friends and family—is herself.