

Book Description: How To Be a Durable Human: Revive and Thrive in the Digital Age Through the Power of Self-Design

Want to be less stressed and have more time to do what you care about? Find out how in *How To Be a Durable Human: Revive and Thrive in the Digital Age Through the Power of Self-Design*—the handbook for being effectively human in a world of information overload, A.I., and shrinking attention spans. Get tons of specific advice from top experts for how to maintain all the good stuff about you— from your eyesight, to your metabolism, to your concentration, to your sanity!

Kirkus Reviews describes *How To Be a Durable Human* as "a wide-ranging self-help guide explores the potential perils of the modern sedentary, screen-obsessed lifestyle and offers tips for achieving resilient health and memory."

Author Jenifer Joy Madden uses herself as a bad example, citing instances such as when she caused her own bike crash.

In this unprecedented handbook for being a human in the 21st century, readers learn to refresh in themselves what has been inadvertently trammled by their close association with smart phones and other devices of personal technology. Gleaning advice from renowned thought leaders including TED talks curator Chris Anderson, Vietnamese Buddhist philosopher Thích Nhất Hạnh, and U.S. Surgeon General Vivek Murthy, Madden offers practical tips and strategies for increasing durability, covering areas ranging from extending attention span, to accessing ingenuity, to getting better sleep.

"Now that Google, GPS, and artificial intelligence can perform so many of our basic functions, it's gotten to the point where we need to be actively human so that we are more effective and less overwhelmed," says Madden. "I'm excited to help remind readers that each is a one-of-a-kind, totally unique individual worthy of special self-care. As I write in the book: 'We can't afford to let our hard-fought attributes, intuitions, and instincts be swept away in a tide of digital everything.' To continue to be curious, creative, compassionate humans in the challenging digital world, we need to be durable."

The book is the second in Madden's Durable Human series and is the practical follow-on to her inspirational *The Durable Human Manifesto: Practical Wisdom for Living and Parenting in the Digital World* (Austral Arc, 2013). Both titles artfully and accessibly reconcile the ever-increasing presence of technological devices with the traits of happy and healthy adults and children.