

# Reimagining Human Connection in an Age of Digital Abundance

We live in an age of unprecedented digital abundance. We have access to more information, more entertainment, and more ways to communicate with each other than ever before. But this abundance has also come with a cost.

We are spending more and more time in front of our screens and less time interacting with each other in person. This is leading to a decline in our social skills and a rise in loneliness and isolation.

In his new book, *Reimagining Human Connection in an Age of Digital Abundance*, author and speaker David Sax argues that we need to find new ways to connect with each other in the digital age. He offers a series of practical tips and exercises that can help us build stronger relationships and create a more meaningful life.



## Civic Media Literacies: Re-Imagining Human Connection in an Age of Digital Abundance

by Margaret A. Majumdar

★★★★☆ 4.6 out of 5

Language : English

File size : 3555 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 187 pages



Sax begins by exploring the history of human connection. He shows how our social interactions have evolved over time, from the days of hunter-gatherer societies to the present day. He argues that the digital age is not the first time that humans have had to adapt to new ways of connecting with each other.

In the past, we have successfully navigated the challenges of urbanization, industrialization, and globalization. Sax believes that we can do the same with the digital age. But we need to be intentional about it.

Sax offers a number of suggestions for how we can reimagine human connection in the digital age. He encourages us to:

- **Spend less time on our screens and more time in person.** This may seem obvious, but it's important to make a conscious effort to unplug from our devices and spend time with the people we care about.
- **Be more intentional about our social interactions.** When we're spending time with others, let's really be present and engaged. Let's put away our phones and give each other our full attention.
- **Build strong communities.** Communities provide us with a sense of belonging and support. Let's get involved in our communities and make an effort to connect with our neighbors.
- **Be kind to ourselves and others.** It's easy to get caught up in the negativity that's so prevalent online. But it's important to remember that

we're all human beings. Let's be kind to ourselves and to each other.

Sax's book is a timely and important reminder of the importance of human connection. He offers a wealth of practical advice that can help us build stronger relationships and create a more meaningful life.

If you're feeling disconnected or lonely, I encourage you to read *Reimagining Human Connection in an Age of Digital Abundance*. It may just change your life.



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