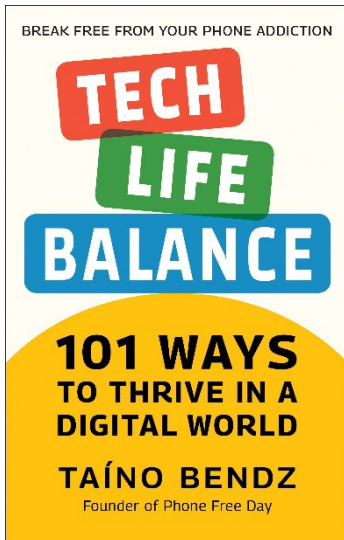


TAKE A BREAK FROM TECH THIS SUMMER



Are you thinking about checking your phone right now?

"*Tech-Life Balance* will help keep things in perspective and encourage you to think about how you can model healthy and conscious tech use."

—**Ruth Taylor**, parenting expert and author of the *Childish Adult* book series

ISBN: 9781578269662 * \$15.00 / \$20.00 CAN

Hardcover * 5 x 8 * 272 pp

In the modern digital age, being connected 24/7 is more than a habit—it seems like a necessity. *Tech-Life Balance* tackles the very real issue of being addicted to our devices with 101 easy-to-implement life hacks to rein in your and your family's tech use to better reclaim your lives and achieve digital wellness.

Taíno Bendz is the founder of Phone Free Day and his own consulting business, and his message on mindful and intentional technology usage has reached and inspired hundreds of thousands of people around the world.

Are your kids currently looking at a screen? Looking to curb your family's screen-time?

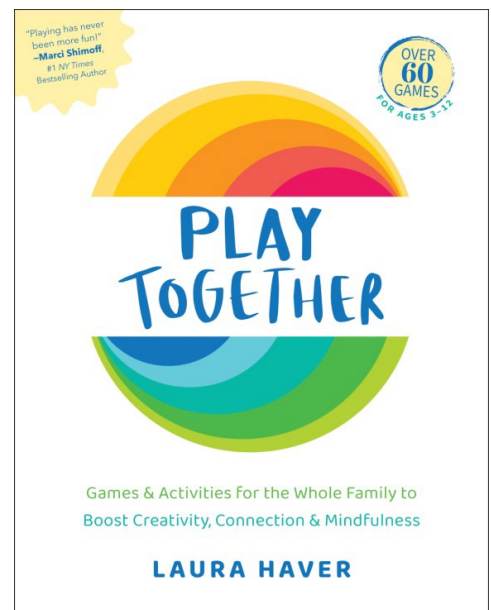
"*Play Together* is a handy resource for quick and easy ideas that will have you laughing, talking, and playing with your kids in minutes—you just have to pick a page and get started!"

—**Kim Andrews**, author of *Exploring Nature Activity Book for Kids*

ISBN: 9781578269747 * \$18.00 / \$23.00 CAN

Paperback * 7 x 9 * 240 pp

Featuring over 60 of the best games and activities for children 12 and under, *Play Together* is your go-to guide for family fun. Play is one of the best parts of being a kid, stimulating healthy development and providing benefits that your family will enjoy for years to come. Most games are screen-free and can be played in under 10 minutes!



Laura Haver is a play, happiness and communication expert. She has helped hundreds of individuals and families to experience more play, growth and inspiration in their lives. Laura is the founder of Author Moms and Alchemy of Fun.

Coming of recent book signings this spring in B&N and Diesel, Laura has another one at Pangea Outpost on 6/22 and will also participate at the San Diego County Fair on 6/29-7/1. She's throwing a book party in August to celebrate one year since its release. She will be appearing on a handful of podcasts this summer including Emotions Untapped, All Figured Out and Troop Leader Experience Podcast.

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