

1 c

- 2a Friedrich Nietzsche—philosopher, writer
 Jean-Jacques Rousseau—writer
 Dwight Eisenhower—president
 Aristotle—philosopher
 Glen Gould—pianist
 Jean Twenge—professor
 Mark Zuckerberg—company director

- 2b 1 Rousseau
 2 Aristotle
 3 Zuckerberg
 4 Gould
 5 Nietzsche
 6 Twenge
 7 Eisenhower

2c *Reader's own answer.*

3a **The Digital Declutter**

- Step 1: Define your ¹ technology rules
 Step 2: Take a ² thirty-day break
 Step 3: Reintroduce ³ technology

How To Screen Digital Technology

- 1 Make it possible for you to do something which you ⁴ really value
- 2 Be ⁵ the best way to use technology for this reason
- 3 Let you decide ⁶ when and how to use it

Spend Time Alone Practices

- Practice 1: Leave your phone ⁷ at home
 Practice 2: Take long ⁸ walks
 Practice 3: Write ⁹ letters to yourself

Don't Click "Like" Practices

- Practice 1: Don't click "Like"
 Practice 2: Change how you ¹⁰ text
 Practice 3: Have conversation ¹¹ "office times"

Use Your Leisure Time Better Practices

- Practice 1: ¹² Fix or build something every week
 Practice 2: ¹³ Schedule your low-quality leisure
 Practice 3: ¹⁴ Join a club or another group
 Practice 4: ¹⁵ Follow the leisure plans you made

Join the Attention Resistance Practices

- Practice 1: Remove ¹⁶ social media from your phone
 Practice 2: Create ¹⁷ single-purpose laptops, computers, and phones
 Practice 3: Use social media like a ¹⁸ professional
 Practice 4: Try ¹⁹ slow media
 Practice 5: Use a ²⁰ dumb phone

3b *Reader's own answer.*

4a **Model answers (many of these could go in more than one category):**

Social media

- Facebook
- Instagram
- Snapchat
- Twitter
- WhatsApp

Type of message

- email
- notification
- text message
- tweet

Actions on social media

- comment
- follow
- like
- post
- stories
- stream
- tag

4b *Model answers:*

- 1 Digital declutter is when you stop all your optional internet activities for thirty days.
- 2 Freedom is an app to block the internet on your digital devices.
- 3 The Dunbar Number is 150, the highest number of people a human can successfully stay in contact with.
- 4 Slow media focuses on high-quality news, reported after something has happened, written by the best journalists, who understand the subject.
- 5 A dumb phone is an old-fashioned phone, which unlike a smartphone is not connected to the internet.

5 *Reader's own answers.*

6a *Reader's own answer.*

6b *Reader's own answer.*