



Digital Detoxing

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat.

[Read more](#)

Collection Digital Detox Lifestyle

Gideon Rayburn



Collection Digital Detox Lifestyle:

Digital Detox Jordan A. Middleton, 2024-03-15 Embark on a Journey to Reclaim Your Time and Mind Imagine a life where your days are filled with engaging real world experiences deeper relationships and an invigorated sense of self *Digital Detox The Screen Diet* is your guide to turning that imagination into reality Step away from the digital chaos and towards a path of mindful tech consumption with a comprehensive plan that fits your lifestyle Uncover the psychological hooks of digital addiction in Chapter 1 equipping you with the knowledge to identify and alter your own tech consumption patterns The book delves into the nitty gritty of the impact of technology on mental health revealing truths that will ignite your desire for change Chapter 2 delves deeper into the emotional triggers of device use and how our quest for validation on social media and the illusion of achievement in gaming are altering our brains But knowledge alone isn't power without action Thus *Digital Detox The Screen Diet* lays out actionable strategies to set and attain realistic goals as detailed in Chapter 3 From defining your personal screen time objectives to creating a balanced digital lifestyle let this book be the architect of your screen diet blueprint As you navigate through Chapters 4 to 6 uncover bespoke detox strategies tailored for individuals families and professionals Establish tech free zones mindfully embrace your devices and balance productivity with connectivity Transcend to a lifestyle where mindfulness reigns supreme aiding in reducing screen time without the feeling of sacrifice Explore Chapter 7's integration of mindfulness practices and how meditation can become your secret weapon against digital overload Embrace the art of digital minimalism in Chapter 8 and learn how decluttering your online presence can lead to a more focused and fulfilling reality With *Digital Detox The Screen Diet* you will not just read but embark on an interactive voyage towards reviving offline connections finding joy in leisure away from screens and comprehending the connection between screen time and physical health This is more than a book it's a catalyst for enduring transformation So dare to take the leap and savour the wonders of a life where your screen serves you not the other way around **Digital**

Detox Methods Gabriel Barnes, AI, 2025-02-22 In today's hyper connected world *Digital Detox Methods* offers a crucial exploration into the impact of technology on our mental well being This self help book grounded in psychology tackles digital overload by providing actionable techniques for mindful disconnection It highlights the correlation between excessive screen time and increased anxiety and depression emphasizing the importance of managing our digital habits for a balanced life The book presents information in an accessible manner blending research with practical advice The book progresses systematically starting with core concepts like digital minimalism and then delving into specific detox methods These include time restricted usage app audits and creating tech free zones all supported by psychological data It's not about abandoning technology entirely but rather about cultivating a conscious relationship with it By integrating self reflection and realistic goal setting the book helps readers implement long term lifestyle changes to reclaim their mental well being Forest Within Sora Mori, 2024-12-21 Discover the transformative power of nature and mindfulness in *Forest Within* Indoor Nature

Therapy for Digital Detox and Mindfulness This comprehensive guide offers more than 47 000 carefully crafted words inviting you on a journey to reclaim balance focus and inner peace in a world overwhelmed by screens and technology Through immersive practices like indoor forest bathing mindfulness exercises and digital detox strategies this book equips you with practical tools to create a personal sanctuary in your home Whether you live in a bustling city or have limited access to outdoor spaces you ll learn how to bring the calming presence of nature into your everyday life using plants aromatherapy natural sounds and mindful design From understanding the science behind nature s healing power to cultivating lifelong habits of mindfulness Forest Within is filled with actionable advice inspiring insights and bonus resources to enhance your well being Perfect for beginners and seasoned practitioners alike this book bridges the gap between modern technology and the timeless wisdom of nature helping you find harmony in your busy world If you re ready to transform your living space into a haven of calm and unlock the potential for personal growth and connection this book is your ultimate guide

Tabolr of Contents

Introduction 0 1 The Digital Overload Why We Need a Break 0 2 Forest Bathing at Home Bridging Nature and Technology

Chapter 1 Understanding the Need for a Digital Detox 1 1 The Impact of Screens on Mental and Physical Health 1 2 Signs You re Overconnected and Stressed 1 3 The Science Behind Nature s Healing Power

Chapter 2 Bringing the Forest Indoors 2 1 Creating Your Personal Green Sanctuary 2 2 Choosing the Right Indoor Plants 2 3 Designing a Nature Inspired Space 2 4 Aromatherapy and the Power of Forest Scents 2 5 Incorporating Natural Sounds for Mental Clarity

Chapter 3 Mindfulness in Your Indoor Forest 3 1 What is Mindfulness 3 2 Mindful Practices for Your Green Space 3 3 Breathing Exercises with Nature 3 4 Grounding Techniques in Your Indoor Forest 3 5 Digital Detox Journaling Reflect and Reconnect

Chapter 4 Sustaining Your Digital Detox Lifestyle 4 1 How to Set Boundaries with Technology 4 2 Daily Rituals for a Screen Free Life 4 3 Building a Community Around Mindful Living

Chapter 5 Conclusion 5 1 Reclaim Your Mind Body and Spirit 5 2 Your Journey Towards Balance and Inner Peace

Chapter 6 Bonus Sections 6 1 Recommended Plants and Where to Get Them 6 2 Top Forest Inspired Essential Oils for Beginners 6 3 Free Resources for Nature Sounds and Mindful Practices

Chapter 7 Frequently Asked Questions and Answers 7 1 Questions about creating an indoor forest bathing environment Q1 Which houseplants are suitable for beginners Are there any plants that don t die easily that you would recommend Q2 I m not good at looking after plants is there any alternative e g fake plants scents Q3 Can I practice indoor forest bathing in a small apartment or a small room How can I do this 7 2 Questions about using aromas and scents Q4 Which aroma oils enhance the effects of forest bathing What scents do you recommend for beginners Q5 If I don t have an aroma diffuser are there any other ways to spread the scent Q6 Are there any aroma oils that can be used safely in households with pets 7 3 Questions about natural sounds and sound environments Q7 Where can I get recordings of natural sounds Are there any websites where I can download them for free Q8 What kind of device would you recommend for playing back natural sounds Q9 Are there any tips for improving concentration while listening to natural sounds 7 4 Questions about practicing mindfulness Q10

How long does it take to feel the effects of mindfulness meditation Q11 What are some easy mindfulness exercises for beginners Q12 How can I make mindfulness a habit in my busy daily life 7 5 Questions about digital detox Q13 It's hard for me to give up my smartphone completely but is Chapterial digital detox effective Q14 What should I do if I need to use digital devices for work Q15 Do you have any specific advice for reducing the temptation of social networking sites 7 6 Lifestyle and health related questions Q16 How much time do you need to spend each day to make forest bathing and mindfulness a habit Q17 Is there a way to enjoy the content of this book with your family and children Q18 Does it have a positive impact on physical health as well as mental health 7 7 Other questions Q19 What are some tips for maintaining motivation to continue this method over the long term Q20 Is there a difference between the indoor version of forest bathing and the experience of being in nature Should I incorporate both

Digital Detox Gideon Rayburn,2024-08-29 In a world dominated by screens notifications and a constant stream of information it's easy to lose sight of what truly matters *Digital Detox Reclaiming Your Life in a Hyperconnected World* by Gideon Rayburn offers a practical guide to stepping back from the digital noise and rediscovering a life lived with intention This book doesn't promise a quick fix or a permanent escape from technology after all our lives and work often depend on these tools Instead it provides a thoughtful approach to taking a deliberate break allowing you to form healthier habits and regain control over how you engage with the digital world By detoxing you'll learn to navigate social media and digital spaces on your own terms rather than being driven by the relentless demands of the online world *Digital Detox* is for anyone feeling overwhelmed by their digital existence seeking a meaningful reset and yearning for a more balanced life

Unplugged A Guide to Digital Detox and Reconnecting with the Real World Silas Dasari, *Unplugged A Guide to Digital Detox and Reconnecting with the Real World* is a practical and inspiring guide to help you break free from digital overwhelm and rediscover the richness of offline life Through mindful strategies daily practices and real life insights this book empowers you to reduce screen time strengthen personal connections and cultivate a more balanced intentional lifestyle Whether you're seeking clarity calm or deeper relationships *Unplugged* is your roadmap to living more fully in the present moment

Digital Detox Nitesh Taral,2023-09-03 Embark on a transformative journey in *Digital Detox Reclaim Your Life Find Balance And Unplug In The Digital Age* In a world overflowing with digital distractions this self help guide offers a lifeline for those seeking harmony in the digital age Dive into the heart of the digital detox movement and discover practical strategies to regain control of your life Explore the theme of balance as you learn to disconnect from the constant buzz of screens and reconnect with the real world This book will help you break free from the shackles of technology offering insights tips and a roadmap to lead a more mindful balanced and fulfilling life Unplug find your inner peace and discover the joy of being present in the moment *Digital Detox* is your essential guide to reclaiming your life from the digital chaos

Creating a Digital Detox Plan: Q&A for Professionals Visionary Toolkit,2024-12-07 Are you feeling overwhelmed by constant notifications endless emails and too much screen time *Creating a Digital Detox Plan* Q

A for Professionals is here to help This practical guide walks you through recognizing when it s time to unplug setting achievable goals and finding fulfilling offline activities Through an easy to follow question and answer format this book offers simple strategies to help you take control of your time and well being Learn how to reduce distractions improve your focus and reconnect with what matters most Perfect for busy professionals or anyone looking to find balance in a screen filled world this book provides actionable steps to create a healthier more mindful lifestyle It s time to unplug and thrive

30-Day Digital Detox Challenge Jade Summers,2024-10-31 Take Control of Your Digital Life with a 30 Day Challenge In today s fast paced world technology is both a blessing and a curse We re more connected than ever yet often feel more isolated anxious and distracted The 30 Day Digital Detox Challenge is your guide to reclaiming balance reconnecting with yourself and restoring mental clarity Every day you ll dive into actionable steps and insightful reflections to help you minimize digital distractions and prioritize what truly matters Inside You ll Discover Mindful Tech Use Learn how to set boundaries and use technology intentionally Daily Detox Challenges Simple effective tasks for a gradual and enjoyable journey Connection and Reflection Reconnect with yourself loved ones and the world around you Strategies for Long Term Balance Build sustainable habits for a healthier digital life Real Life Benefits Find calm improve focus and enjoy more meaningful interactions Embrace a lifestyle with less screen time and more real time Are you ready for the challenge

Unplug Prince Penman, In today s digital age we are constantly connected yet many of us feel more disconnected than ever before The constant barrage of notifications emails and social media updates can leave us overwhelmed stressed and longing for a deeper connection with ourselves and the world around us Unplug Reconnecting with Yourself in a Digital Age offers a much needed guide to finding balance in a world that never stops Prince Penman reveals the transformative power of stepping away from screens and rediscovering the art of being present This book will help you break free from the chains of digital addiction and reclaim the time focus and energy you need to live a more meaningful life Inside you ll learn how to Overcome digital addiction and regain control of your time Reconnect with yourself through mindfulness and presence Set healthy boundaries with technology to improve your productivity and well being Discover the life changing benefits of a digital detox and how to implement it successfully Cultivate real life connections and build deeper more meaningful relationships Reignite your passions and hobbies that have been sidelined by screen time Integrate technology mindfully into your life for a balanced lifestyle Create a digital free sanctuary for peace and mental clarity This book is perfect for anyone feeling overwhelmed by the constant buzz of their devices struggling to find time for themselves or seeking a more authentic balanced way of living Whether you re looking to enhance your productivity improve your mental health or simply reclaim your time Unplug provides the tools you need to thrive in the digital world without losing yourself in it It s time to hit the reset button unplug from the distractions and reconnect with what truly matters Start your journey toward a healthier more fulfilling life today **DIGITAL DETOX** Ahmed musa,2025-01-01 The process of digital detoxification is not a one size fits

all endeavor For some it may mean reducing screen time and setting clearer boundaries with technology For others it may involve a more radical approach such as taking extended breaks from social media or committing to a technology free day or weekend Whatever approach you choose the goal is the same to create a healthier relationship with technology that allows you to reclaim control over your time and attention

Recognizing the showing off ways to get this book **Collection Digital Detox Lifestyle** is additionally useful. You have remained in right site to start getting this info. acquire the Collection Digital Detox Lifestyle associate that we allow here and check out the link.

You could purchase lead Collection Digital Detox Lifestyle or acquire it as soon as feasible. You could quickly download this Collection Digital Detox Lifestyle after getting deal. So, next you require the books swiftly, you can straight acquire it. Its appropriately categorically simple and correspondingly fats, isnt it? You have to favor to in this look

https://dev.vn.se/results/uploaded-files/fetch.php/social_buzz_children_bedtime_story.pdf

Table of Contents Collection Digital Detox Lifestyle

1. Understanding the eBook Collection Digital Detox Lifestyle
 - The Rise of Digital Reading Collection Digital Detox Lifestyle
 - Advantages of eBooks Over Traditional Books
2. Identifying Collection Digital Detox Lifestyle
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Collection Digital Detox Lifestyle
 - User-Friendly Interface
4. Exploring eBook Recommendations from Collection Digital Detox Lifestyle
 - Personalized Recommendations
 - Collection Digital Detox Lifestyle User Reviews and Ratings
 - Collection Digital Detox Lifestyle and Bestseller Lists
5. Accessing Collection Digital Detox Lifestyle Free and Paid eBooks

- Collection Digital Detox Lifestyle Public Domain eBooks
- Collection Digital Detox Lifestyle eBook Subscription Services
- Collection Digital Detox Lifestyle Budget-Friendly Options
- 6. Navigating Collection Digital Detox Lifestyle eBook Formats
 - ePub, PDF, MOBI, and More
 - Collection Digital Detox Lifestyle Compatibility with Devices
 - Collection Digital Detox Lifestyle Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Collection Digital Detox Lifestyle
 - Highlighting and Note-Taking Collection Digital Detox Lifestyle
 - Interactive Elements Collection Digital Detox Lifestyle
- 8. Staying Engaged with Collection Digital Detox Lifestyle
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Collection Digital Detox Lifestyle
- 9. Balancing eBooks and Physical Books Collection Digital Detox Lifestyle
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Collection Digital Detox Lifestyle
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Collection Digital Detox Lifestyle
 - Setting Reading Goals Collection Digital Detox Lifestyle
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Collection Digital Detox Lifestyle
 - Fact-Checking eBook Content of Collection Digital Detox Lifestyle
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Collection Digital Detox Lifestyle Introduction

In the digital age, access to information has become easier than ever before. The ability to download Collection Digital Detox Lifestyle has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Collection Digital Detox Lifestyle has opened up a world of possibilities. Downloading Collection Digital Detox Lifestyle provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Collection Digital Detox Lifestyle has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Collection Digital Detox Lifestyle. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Collection Digital Detox Lifestyle. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Collection Digital Detox Lifestyle, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Collection Digital Detox Lifestyle has transformed the way we access information. With the convenience, cost-

effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Collection Digital Detox Lifestyle Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Collection Digital Detox Lifestyle is one of the best book in our library for free trial. We provide copy of Collection Digital Detox Lifestyle in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Collection Digital Detox Lifestyle. Where to download Collection Digital Detox Lifestyle online for free? Are you looking for Collection Digital Detox Lifestyle PDF? This is definitely going to save you time and cash in something you should think about.

Find Collection Digital Detox Lifestyle :

social buzz children bedtime story

math workbook grade 1 novel

complete workbook self help mindset

framework psychological suspense

hardcover biohacking manual

~~myth retelling novel primer~~

sight words learning quick start

STEM for kids collection

viral nonfiction bestseller 2026 guide

social buzz post apocalyptic story

reader's choice ~~Pinterest~~ reading challenge

spotlight trending romantasy

emotional intelligence workbook 2025 edition

phonics practice community favorite

AI in everyday life 2025 edition

Collection Digital Detox Lifestyle :

Adventures in the Human Spirit (6th Edition) by Philip E. ... Adventures in the Human Spirit (6th Edition) by Philip E. Bishop (2010-01-15) [Philip E. Bishop] on Amazon.com. *FREE* shipping on qualifying offers. Adventures in the Human Spirit by Bishop, Philip E. This single-volume text is a historical survey of the western humanities. Written to be accessible to students with little background in the arts and humanities ... Adventures in the Human Spirit 6th (sixth) edition Exceptionally student-friendly, extensively illustrated, and engagingly thought-provoking, this one-volume historical survey of the humanities is ... [REQUEST] Philip Bishop, Adventures in the Human Spirit ... [REQUEST] Philip Bishop, Adventures in the Human Spirit (5th, 6th, or 7th edition). Adventures in the Human Spirit by Philip E. Bishop (2010 ... Adventures in the Human Spirit by Philip E. Bishop (2010, Compact Disc / Trade Paperback, New Edition). 5.01 product rating. zuber 98.4% Positive feedback. Adventures in the Human Spirit (6th Edition) by Philip E. ... Adventures in the Human Spirit (6th Edition) by Philip E. Bishop. Philip E. Bishop. 0.00. 0 ratings0 reviews. Want to read. Buy on Amazon. Rate this book. Adventures In The Human Spirit by Philip E Bishop Buy Adventures In The Human Spirit 6Th Edition By Philip E Bishop Isbn 0205881475 9780205881475 7th edition 2013. Adventures In The Human Spirit 6th Edition Pdf Pdf Adventures In The Human Spirit 6th. Edition Pdf Pdf. INTRODUCTION Adventures In The. Human Spirit 6th Edition Pdf Pdf Full. PDF. ADVENTURES IN THE HUMAN SPIRIT 6TH (SIXTH) ... ADVENTURES IN THE HUMAN SPIRIT 6TH (SIXTH) EDITION By Philip E. Bishop. ~ Quick Free Delivery in 2-14 days. 100% Satisfaction ~. Adventures in the human spirit Adventures in the human spirit ; Authors: Philip E. Bishop, Margaret J. Manos ; Edition: 7th ed View all formats and editions ; Publisher: Pearson, Boston, ©2014. Dante Agostini - Solfeggio Ritmico N - 1 PDF Da Everand. The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life. Mark Manson. Dante Agostini - Solfeggio Ritmico n.1 | PDF Dante Agostini - Solfeggio Ritmico n.1 - Read online for free. Dante Agostini Solfeggio Ritmico 1 Dante Agostini Solfeggio Ritmico 1 ; Listed:over a month ago ; Views:10 ; Watchers:0 ; Condition, Brand New (New). Brand New items are sold by an authorized dealer ... DANTE AGOSTINI SOLFEGGIO RITMICO

VOLUME 1 DANTE AGOSTINI SOLFEGGIO RITMICO VOLUME 1. €19.00. VAT included. Quantity. DANTE AGOSTINI SOLFEGGIO RITMICO VOL 1 In offerta!. Disponibile. DANTE AGOSTINI SOLFEGGIO RITMICO VOL 1. €19,70 €18,40. DANTE AGOSTINI SOLFEGGIO RITMICO VOL 1. ED. DANTE AGOSTINI. Quantità. DANTE AGOSTINI Solfeggio Ritmico n. 1 (battute semplici) DANTE AGOSTINI Solfeggio Ritmico n. 1 (battute semplici). €19.80. COD: DANTE118 ... Singer-457-Manual.pdf Stitch Length Selector Lets you stitch forward and in re-verse. Numbers indicate number of stitches per inch; FINE area is for zig-zag satin stitching. 4. 20 ... ME457 Dense zig-zag stitches are called satin stitches. Function of stitch length dial for straight stitching. For straight stitch sewing, turn the Stitch Selector ... SINGER STYLIST 457 MANUAL Pdf Download View and Download Singer Stylist 457 manual online. Zig-Zag Sewing Machine. Stylist 457 sewing machine pdf manual download. Also for: Zig zag 457, 457. Singer 457G1 Service Manual.pdf The 457 G 1 machine is a high speed, single needle, lock stitch, zig-zag ... sired smaller bight when using sewing attachments for smaller zig-zag stitches. Singer Stylist 457 Manuals We have 2 Singer Stylist 457 manuals available for free PDF download: Manual, Instructions Manual ... Zig-Zag Stitching. 25. Setting Pattern Selector. 25. Setting ... Instruction Manual, Singer 457 Stylist Singer 457 Stylist Sewing Machine Instruction Manual - 63 Pages.The physical copy of the instruction manual is a soft cover printed photocopy. Singer 457 Sewing Machine User Manual Jun 24, 2021 — DANGER: Read and follow all Safety Rules and Operating Instructions before using this product. Failure to do so can result ... Singer Stylist Zig-Zag Sewing Machine Model 457 Owner's ... New Reprinted Manual for Singer 457 Sewing Machine. Real Paper Manual, Made like original with center staple binding (booklet sized). Support Singer Sewing Support. Find Manuals, Accessories, How-To videos, Troubleshooting Tips, Software Support and FAQ's. Singer Model 457 Stylist Zig-Zag Sewing Machine ... - eBay Singer Model 457 Stylist Zig-Zag Sewing Machine Instructions Book/Manual ; Quantity. 1 available ; Item Number. 126071327158 ; Brand. SINGER ; Accurate description.