# BENEFITS OF A DIGITAL DETOX

# Higher quality sleep

Lorem ipsum dolor sit amet, consectetuer adipiscing elit

## Improve focus

Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy

# Increased productivity

Lorem ipsum dolor sit amet, consectefuer



## Helps maintain work-life balance

Lorem ipsum dolor sit amet, consectefuer adipiscing elit.

## Reduce stress

Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam

## Stronger relationship

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## **Digital Detox Lifestyle Blueprint**

**Liam Sharma, Al** 

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