

Unplugged: How To Live Mindfully In A Digital World

By Orianna Fielding

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Unplugged: how to live mindfully in a digital

Orianna Fielding is a designer, author, broadcaster, curator, and retailer. After graduating from Central Saint Martins, London, she worked in graphic and retail

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says Orianna Fielding, author of Unplugged: How to Live Mindfully in a Digital World. Fielding's book, Could you take the Four Seasons digital detox

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