



# LIFE COACHING

LifeStrategies

**Bspoke eBooks**

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## Introduction

Welcome to the digital age.

While we take for granted much of the technology that surrounds us and the way it has changed the way we work and relax; it's actually very important to recognize just how much it has impacted our lives.

Today we are constantly bombarded by information and stimulation and it is taking its toll on our brains. Meanwhile, the expectations placed on us by our work have only increased because of greater productivity tools and enhanced connectivity.

And it is not just technology that has changed life for us either. The demands placed on us in other areas have also increased. The world is more populous, living costs have gone up and our roles in society have changed. More and more women are now working full time, which while a good thing, has created new challenges in trying to raise and care for our children. The roles of men have likewise become increasingly uncertain and competition for employment is fiercer than ever.