



**Read! Fest 2021** invites you on a forward-looking journey of self-discovery. With the theme of *Reboot*, take a moment to re-examine and refresh your lenses on ubiquitous aspects of life today – such as how we approach work, nature, creativity, identity, and technology.

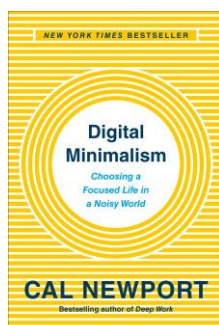
This resource guide is produced in accompaniment with the Read! Fest 2021 featured title: **Digital Minimalism: Choosing a Focused Life in a Noisy World.**

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## RESOURCE LIST

### **Digital Minimalism: Choosing a Focused Life in a Noisy World by Cal Newport**

Cal Newport's *Digital Minimalism: Choosing a Focused Life in a Noisy World* serves as a handbook for anyone wanting to know how to escape the addictive relationship they have with their screens. In a digital world, where algorithms are designed to get us hooked to our smartphones, Cal Newport advocates for a philosophy of technology use that is based on intentionality. With the supplementary resources below, learn how to go on a digital detox and reboot your relationship with technology!

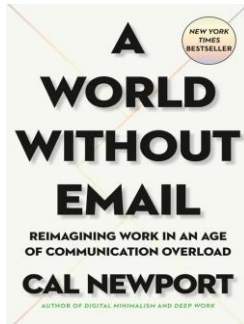


### **Digital Minimalism: Choosing a Focused Life in a Noisy World**

Newport, C. (2019). *Digital Minimalism: Choosing a Focused Life in a Noisy World*. Penguin Publishing Group

<https://nlb.overdrive.com/media/4022749>. Retrieved from OverDrive. ([myLibrary ID](#) is required to access the eBook.)

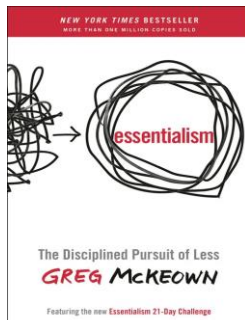
## eBooks



### **A World Without Email: Reimagining Work in an Age of Communication Overload**

Newport, C. (2021). *A World Without Email: Reimagining Work in an Age of Communication Overload*. Penguin Publishing Group.

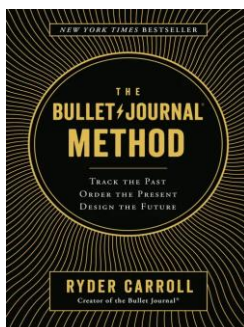
<https://nlb.overdrive.com/media/5558760>. Retrieved from OverDrive. ([myLibrary ID](#) is required to access the eBook.)



### **Essentialism: The Disciplined Pursuit of Less**

McKeown, G. (2014). *Essentialism: The Disciplined Pursuit of Less*. Crown.

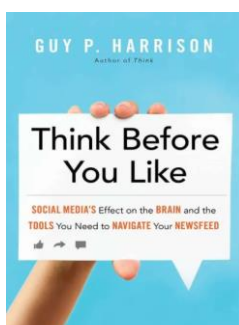
<https://nlb.overdrive.com/media/1435990>. Retrieved from OverDrive. ([myLibrary ID](#) is required to access the eBook.)



### **The Bullet Journal Method: Track the Past, Order the Present, Design the Future**

Carroll, R. (2018). *The Bullet Journal Method: Track the Past, Order the Present, Design the Future*. Penguin Publishing Group.

<https://nlb.overdrive.com/media/3878141>. Retrieved from OverDrive. ([myLibrary ID](#) is required to access the eBook.)

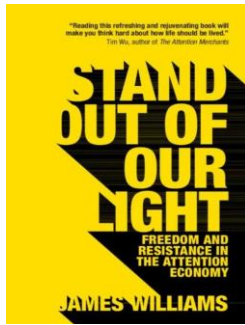


### **Think Before You Like: Social Media's Effect on the Brain and the Tools You Need to Navigate Your Newsfeed**

Harrison, G.P. (2017). *Think Before You Like: Social Media's Effect on the Brain and the Tools You Need to Navigate Your Newsfeed*. Prometheus.

<https://nlb.overdrive.com/media/3273218>. Retrieved from OverDrive. ([myLibrary ID](#) is required to access the eBook.)

## Audiobook



### Stand Out of Our Light: Freedom and Resistance in the Attention Economy

Williams, J. (2019). *Stand Out of Our Light: Freedom and Resistance in the Attention Economy*. Cambridge University Press.

<https://nlb.overdrive.com/media/4707958>. Retrieved from OverDrive. ([myLibrary ID](#) is required to access the eBook.)

## Videos

### [Is our digital clutter bad for the planet? | Why It Matters | Full Episode](#)

CNA Insider. (2020, February 1) *Is Our Digital Clutter Bad for the Planet? | Why It Matters | Full Episode*. Retrieved 2021, May 2.

### [Why people are choosing to quit social media | BBC Ideas](#)

BBC Ideas. (2020, May 15). *Why people are choosing to quit social media | BBC Ideas*. Retrieved 2021, May 2.

### [Quit social media | Dr. Cal Newport | TEDxTysons](#)

TEDx Talks. (2016, September 19). *Quit social media | Dr. Cal Newport | TEDxTysons*. Retrieved 2021, April 22.

## Websites

### [7 Steps to Tidying Your Digital Life](#)

Klosowski, T. (2021, January 1). 7 Steps to Tidying Your Digital Life. *The New York Times | Wirecutter*. Retrieved 2021, May 2.

### [It's Time for a Digital Detox. \(You Know You Need it.\)](#)

Chen, B.X. (2020, November 25). It's Time for a Digital Detox. (You Know You Need it.) *The New York Times*. Retrieved 2021, May 2.