

Digital Detox Resources

- **Articles**

- TimeBlocking vs ToDo Lists - <https://www.fastcompany.com/3069293/could-time-blocking-replace-your-to-do-list>

- **App Links**

- Headspace - <https://www.headspace.com/>
 - **iOS** - <https://itunes.apple.com/us/app/headspace.com-meditation-mindfulness/id493145008?mt=8>
 - **Google Play** - <https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en>

- **Video Links**

- Brain Hacking Part 1 - <https://vimeo.com/212594078>
- Brain Hacking Part 2 - <https://vimeo.com/212594656>
- Brain Hacking Part 3 - <https://vimeo.com/212595130>
- Robin Sharma – How to 100x your productivity
 - <https://youtu.be/cshVfs2LXm0>