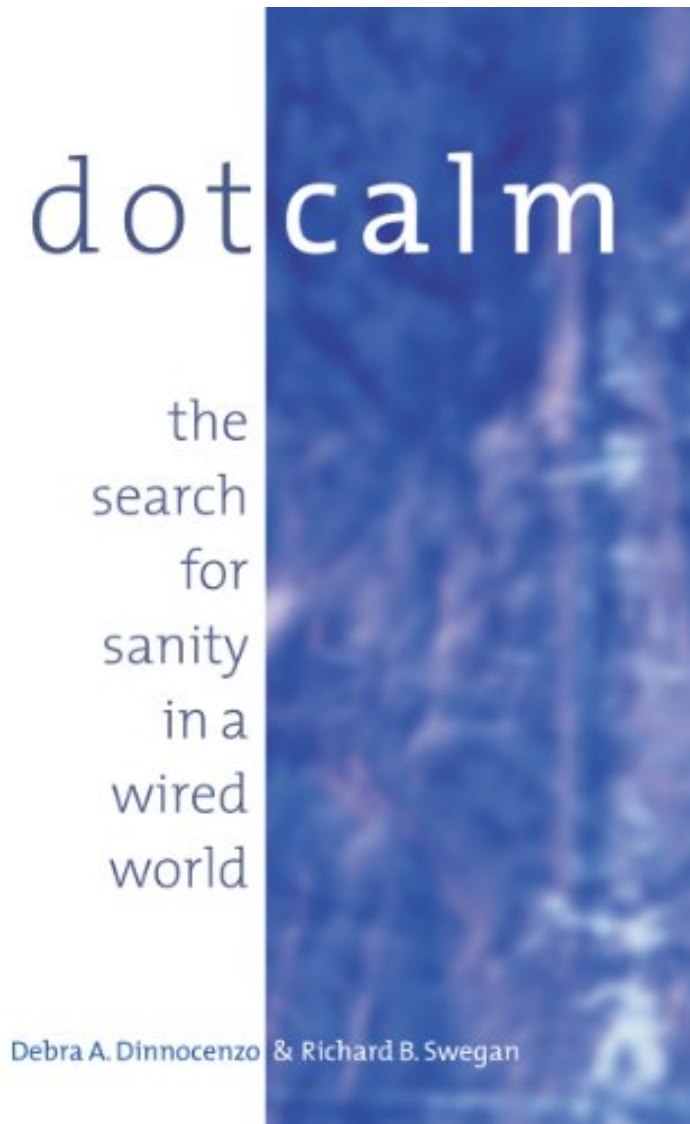


(Mobile ebook) Dot Calm: The Search for Sanity in a Wired World

Dot Calm: The Search for Sanity in a Wired World

Debra Dinnocenzo, Richard B. Swegan

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Debra Dinnocenzo, Richard B. Swegan : Dot Calm: The Search for Sanity in a Wired World before purchasing it in order to gage whether or not it would be worth my time, and all praised Dot Calm: The Search for Sanity in a Wired World:

3 of 3 people found the following review helpful. Dot Calming; Substance and TechniqueBy Jim DupreeAn injection of humanity and sanity into the high tech frenzy many of us call work. While focusing on the technologically driven professional this well-written work identifies the struggles we ALL have in managing work and career while seeking to make time for our families and loved ones. Laid out in a problem-solution format, this easy to read yet deeply

thoughtful book first explains the expectations and behaviors that contribute to our stress before offering both practical solutions and ways to implement them. Touching "testimonies" of the struggles and victories others have experienced are laced throughout the book. I have found that many such books either deal with the "philosophical" issues of balance in life, or tend to be endless lists of "techniques" for regaining control of life. Dot Calm is a well-balanced mix. A book you will need to reread and reflect on to mine its depths while it offers very practical and doable ideas for taking your life back from work. Be careful! This book could be an epiphany for you. It was for me, I highly recommend it. 2 of 3 people found the following review helpful. A Promise Delivered By mark p. elliott I can not count the number of products and services that have come my way heralded with much hype and false promises of their value to the user. That's been especially true of self-help guides. You know the ones that promise you'll be a changed person, if only you buy the book and implement its recommendations. Well, at long last one of those books delivered on the promise. The foreword states that "you'll find these pages to be filled with practical, how-to advice step-by-step formulas for finding ...and keeping balance in your life." As a poster child for the insanity of the wired world, I really did not know how to break out of the strangle hold it had on my life. It became easier and easier to rationalize absolutely crazy behaviors related to my out- of- balance existence. The authors of Dot Calm were surely writing about me or so it seemed. I expect many of its readers will feel the same identification with the analysis of being over-connected, over-worked, over-scheduled, over-informed and ultimately OVERWHELMED. It's a book you'll read in one sitting and then reread many times as you take back control over your life. Thanks to the authors for delivering on their promise. 2 of 3 people found the following review helpful. How true it is! By A Customer I really related to this book. I like knowing that I'm not alone in the electronic craziness. Being tethered to electronic devices has added convenience and freedom to my life on one hand and created stress now that I'm "required" to be "always on." After reading Dot-Calm, I revamped my perspective because I can control when I respond, just like I control when I respond to e-mail. The big surprise to me was how users of pagers feel intruded upon the most. I don't have a pager and now I will resist using one "to the end." If I must, then I will view and use the pager as I do vmail and email now. Everyone can learn about respect for electronically tethered people, too. I agree with the authors' perspective that just because I have a cell phone should not give people carte blanche to use it indiscriminately, after all either myself or my employer incur a cost.

For millions of people, technology is making their lives harder, not easier. They're bombarded with so much information they can barely read it, let alone process it. They're tied to the office-through email, cell phones, pagers, voice mail and fax machines-24 hours a day, 7 days a week. Their sense of balance is under assault from the relentless onslaught of data and the feeling that they must be constantly "connected." For everyone who yearns to simplify life, slow down, and get centered, all without compromising their career, Dot Calm offers more than hope-it offers answers. Based on the authors' in-depth interviews and survey results, Dot Calm outlines a wide variety of proven tactics that real people in all walks of life are using to cope with the ubiquitous problems of information, access, and work overload. This book provides an unprecedented chance to leverage the success strategies of people who have managed to sever the "electronic tether" that kept them constantly bound to their jobs. Dinnocenzo and Swegan show that you don't have to sacrifice productivity or efficiency to have a sane, balanced life. On the contrary-technology can so overwhelm people with data that they have a hard time focusing on those activities that truly matter. Unplugging will actually make you more effective.

From the Publisher "Tremendously relevant, insightful and wise in learning how to effectively cope in today's world. Read it and gain back your time, your sanity, your relationships, your life." —Dr. Stephen R. Covey, author of *The 7 Habits of Highly Effective People* "In the hyperkinetic world of e-commerce, it's easy to be so myopically focused on the business at hand that other equally important issues slip by: your mental health, social and family life, psychological well-being, spiritual awareness. We downplay these sacrifices as the cost of seizing opportunity in a special time, but we allow their suffocation at our own peril. No longer. Dot Calm explores the infinite ways in which work and life can mutually thrive. It will give you the ability to add a critical three-dimensional balance to the nonstop world of the New Economy." —James Daly, Editor In Chief, *Business 2.0* "In a wired, fast cycle time, high pressured and total change world, people need to find balance before they say 'e-NUF!'. Dot Calm is a breath of fresh air, presenting practical and healthy approaches to finding balance in the digital age." —Elliott Masie, Publisher, TechLearn TRENDS and President, The MASIE Center "A quick read...with lasting benefits. This wise book is your must-have guide through the maze of work and life choices you make on a daily basis." —Diane Hessian, CEO, Communispace Corporation "This well-written book is timely, powerful and delivers on its promise to help readers gain 'sanity in a wired world'." —Robert White, Chairman CEO, ARC Worldwide and author of *Living an Extraordinary Life* "In our 24-7 society, new technology has transformed our lives. Dot Calm helps readers cope with the e-mail and information overload that now dominates all our lives on a daily basis. By prioritizing and getting better balance between work and home, we enrich our relationships, both at work and home." —Dr. Cary Cooper, Professor of Organizational Psychology and Deputy Vice Chancellor, School of

Management, University of Manchester, United Kingdom

From the Inside Flap Conquer Information, Access, and Work Overload and Reclaim Your Life! Are you bombarded with more information that you can read, let alone process? Are you tied to the office through email, cell phones, pagers, and fax machines 24 hours a day, 7 days a week? Are you tired of the relentless onslaught of data and the feeling that you must be constantly "connected"? If you yearn to simplify your life without compromising your career, Dot Calm offers practical solutions! Based on in-depth interviews and surveys, Dot Calm outlines proven success strategies that real people in all walks of life are using to cope with the ubiquitous problems of information, access, and work overload, and to sever the "electronic tether" that kept them constantly bound to their jobs. Through a process of analysis, self-insight, and priority setting, Dot Calm helps readers identify and stick to priorities. Dinnocenzo and Swegan show that you don't have to sacrifice productivity or efficiency to have a sane, balanced life. They offer tools, exercises, and examples that will help you:

- o Reconcile your personal priorities and values with the demands of work
- o Leave the office including the virtual office behind and take time to recharge your batteries
- o Organize and prioritize the endless electronic clutter in your life
- o Maintain human contact and create community in a world of faceless electronic communication
- o Design a personal plan for navigating the delicate balance between organizational and individual needs

"Tremendously relevant, insightful and wise in learning how to effectively cope in today's technology world. Read it and gain back your time, your sanity, your relationships, your life." — Dr. Stephen R. Covey, author of *The 7 Habits of Highly Effective People*

"A quick read...with lasting benefits. This wise book is your must-have guide through the maze of work and life choices you make on a daily basis." — Diane Hessian, CEO, Communispace Corporation

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About the Author Debra Dinnocenzo is president of ALLearnatives, a learning and development firm specializing in tools, resources and issues associated with alternative work arrangements. Through consulting and training capabilities, the firm emphasizes the human and interpersonal aspects of non-traditional work arrangements. Dinnocenzo is a veteran telecommuting executive and has first-hand experience both working and managing in non-traditional situations. Richard Swegan currently serves as Global Account Manager for Development Dimensions International (DDI) and is a partner in ALLearnatives. In his capacity with DDI, Swegan manages the General Motors account, which is DDI's largest global client. He works closely with a wide range of managers and executives and is actively involved in high-level change management initiatives and major assessment/selection projects.