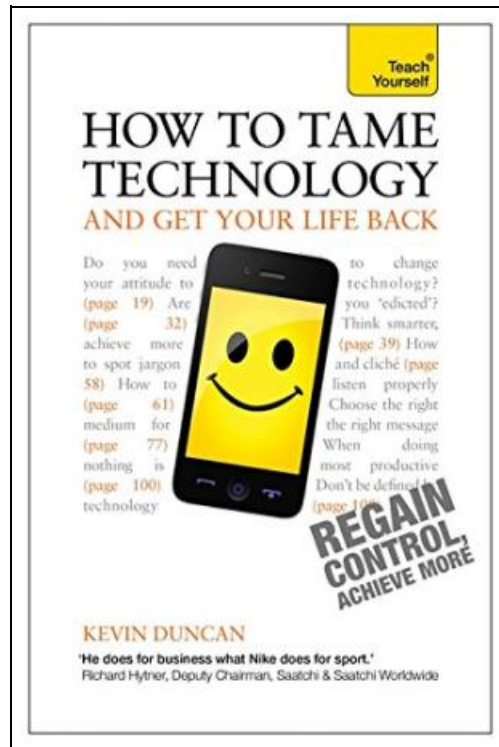


## How to Tame Technology and Get Your Life Back: Teach Yourself



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## HOW TO TAME TECHNOLOGY AND GET YOUR LIFE BACK: TEACH YOURSELF

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