

# BENEFITS OF A DIGITAL DETOX

## Higher quality sleep

Lorem ipsum dolor sit amet, consectetur adipiscing elit

## Improve focus

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy

## Increased productivity

Lorem ipsum dolor sit amet, consectetur



## Helps maintain work-life balance

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## Reduce stress

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## Stronger relationship

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# Framework Digital Detox Lifestyle

**M Woodhall**



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