

A photograph of a park bench with three adults looking at their phones, a baby sitting on the ground, and a young boy standing next to a soccer ball. The scene is dimly lit, suggesting dusk or dawn. The adults are sitting on the bench, each engrossed in their mobile device. In the foreground, a baby sits on the ground, looking towards the camera. To the right, a young boy stands with a soccer ball at his feet, looking off to the side.

## Die Beziehung zum Digitalen empfohlene Literatur

- Bauer: Realitätsverlust
- Eyal: Indistractable
- Hari: Stolen Focus
- Miller: Verbunden
- Newport: A World without Email
- Newport: Digital Minimalism
- Newport: Deep Work
- Price: How to break up with your Phone
- Williams: Stand out of our Light