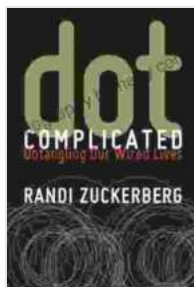# Dot Complicated: Untangling Our Wired Lives

In his book *Dot Complicated*, Tristan Harris argues that the internet is making us unhappy. He says that the constant bombardment of notifications, the endless stream of information, and the pressure to be constantly connected is taking a toll on our mental health.

Dot Complicated: Untangling Our Wired Lives

by Randi Zuckerberg

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1060 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 261 pages

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Harris is a former design ethicist at Google, and he knows firsthand how the internet is designed to keep us hooked. He says that companies like Google, Facebook, and Twitter use a variety of techniques to manipulate our behavior and keep us coming back for more.

These techniques include:

- **Variable rewards:** We are more likely to keep using a product or service if we get a random reward for it. This is why slot machines are so addictive: you never know when you're going to hit a jackpot.

- **Social proof:** We are more likely to do something if we see other people ng it. This is why social media companies show us how many people have liked or shared a post.

- **Fear of missing out (FOMO):** We are more likely to use a product or service if we think we might miss out on something if we don't. This is why companies send us emails with subject lines like "Last chance!"

Harris says that these techniques are designed to keep us hooked on the internet, even when it's not making us happy. He says that we need to be more aware of how these techniques work so that we can make choices about how we use the internet.

Harris offers a number of solutions for how to fix the internet. He says that we need to:

- **Be more mindful of how we use the internet.** We need to be aware of how the internet is designed to keep us hooked, and we need to make choices about how we use it.

- **Set limits on how much time we spend on the internet.** We need to set limits on how much time we spend on the internet, and we need to stick to those limits.

- **Use the internet for good.** We need to use the internet for good, and we need to support companies that are using the internet to make the world a better place.

Dot Complicated is a must-read for anyone who wants to understand the impact of technology on our lives and how to use it for good. Harris offers a

clear-eyed look at the problems with the internet, and he provides practical solutions for how to fix them.

Free Download your copy of *Dot Complicated* today!
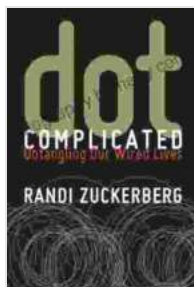
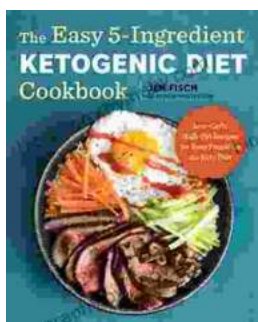### Dot Complicated: Untangling Our Wired Lives

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