

Present: How One Woman Pulled the Plug on Distraction to Connect With Real Life



If I were angry or happy or sad or lonely, the response was always the same: turn to this ether promise of comfort and assurance. Keri Mae Lamar confesses the hold the Internet had on her and how deleting her growing blog gave her the opportunity to examine the incessant call of media. What follows is her story in attempting to cultivate a present life, from selling the treadmill to eating roosters and more. Present will challenge your habits and inspire you to arrange - or rearrange - your life to achieve balance in a technological world with the people you love most.

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