

Simone Janson (ed.)

# DIGITAL DETOX

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Learn anti-stress strategies, train emotional intelligence  
mindfulness & resilience, be successful with serenity & time  
management, gain focus clarity & efficiency

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## Authors Overview

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# Imprint

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# **Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book**

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

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Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

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# **Relax and switch off in nature: Find goals thanks to self-reflection**

*// By Jörg Romstötter*

How do you want to know what you really want, if you are constantly bombarded with information? The answer is: Get into nature and find yourself.

## **What am I doing wrong?**

Do you know that? From the stereotypical working day that you have just completed, your brain feels as if it were packed in cotton wool. Foggy from doing. Deaf from thinking. The world wafts remotely in front of your tunnel-like view. Flat, you just feel flat. And at the same time your body tugs on your sleeve like a whining child: "Hey, and what about me ?!" Your gaze claws into nothing like a young cat. Pulls strings. And there is still so much to do. So much to decide ...

Operate at the push of a button. Yes, that sounds good and feels fantastic. This is how the others are shown. So do it all. Only I am tired. What am I doing wrong? And is this going on for the next decades? Without me. I'll get out of it anyway.

## **The magic medium exists**

There is a pill. It always works. It costs nothing. Only some time, which we get back x-fold. Just investing we must first in this pill. They are, by the way, prescription-free! This is how it works: decreases the blood pressure, as does the heart rate and the stress hormone cortisol, which gives us wings, but at some point reliably scrapes the cells. It makes you happy and gives a full feeling, because it brings a whole hormone cocktail to the bubbly. This gives us completely new thoughts and good ideas. Under their influence, decisions are more viable and lucrative. In addition, even better physical fitness and fewer weight problems are mentioned. The only side effect: after a short time usually dependency.

Well, what's going to be like spinning again? Yes, absolutely. From today's point of view, this pill actually looks like a spinning mill. It thus does not correspond to the mode of hyperscale all-now-equal, real-time communication and tomorrow-everything else.

## **A simple, ancient remedy**

It is so easy. This magic is available to all of us unrestricted. When we want, as long as we want, we just have to go. Namely, into nature! And it is only.

Make the most of the greenery, if possible, by taking a short, long walk, either through or after a challenging day. Go out on weekends and refuel nature and light for the week.

## **See the forest again**

You have a high standard? Yes, it may also be quite luxurious? Then you will have nothing against the most sophisticated environment in which you can go on this earth: nature. Consider: Nowhere else do you have so much space, are completely unobserved, free of rules and constraints. Provided you are alone there.

Only in nature there is this fabulous silence and tranquility. A silence that empties and fills us at the same time. Nature is the most contrastive place to our usual hustle and bustle of confusion, noise, dirt and stench. Therefore, it also allows a completely different perception of ourselves and our actions in everyday life. Nowhere else can we get that distance - and for free.

## **This is how nature works**

Nature always works in two ways:

1. It amplifies existing impulses anyway
2. It supplements missing and satisfies needs

## **Clear view or forest for the trees can not see**

Let me explain by example how this works. Let us suppose, thanks to the daily routine, you will not see the forest in front of trees. But they yearn for clarity and direction. Go into a landscape that exposes the view across a level. Maybe through a forest that leads to a large clearing, a heath, meadow or field landscape.

Or you climb up on a hill and let your gaze literally glide down on your problems. They actively look for new horizons.

In you was the desire for clarity and direction. The fact that it can actually exist in your life or in your function has led your brain out into a clearing, into the wide corridor or on a slope in reality.

## **The overcrowded everyday life**

Your body with all its senses has also sent this fact to your brain and your subconscious. Suddenly your consciousness manages to filter out the essentials for you from all of the everyday data jungles and to "consider" them as a newly perceived opportunity.

Their everyday life is characterized by overfilling. Be it information volumes, appointments, requirements, people, etc. With your walk and look into the