



Unfriend Yourself: Three Days to Detox, Discern, and Decide About Social Media

Kyle Tennant

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Three days. No Facebook. No Twitter. No social media. Just time to detox, discern, and decide.

Take a three-day social media fast with *Unfriend Yourself* and learn to examine your use of social media from a Christian perspective. This book will guide you in evaluating your fast by asking challenging questions such as:

- What happens when I broadcast myself on the Internet?
- Do I see a difference between my interactions on social media and my interactions face-to-face?
- Do I rule my media, or do my media rule me?

While reading *Unfriend Yourself*, you will learn to think critically, biblically, and practically about social media. Whether you choose to leave the social media scene, engage in it less, or engage in it more after your social media fast, your perspective on social media will never be the same.

“Without throwing the baby out with the bathwater, Kyle challenges the Christian to a God-honoring approach to social media involvement. Well researched and thought through, Unfriend Yourself avoids the emotional arguments and instead presents a provocative ‘must read’ for any students, young adults, and generations beyond who want to be responsible in approaching social media from a biblical worldview.”

– Dr. Bob MacRae, Professor of Youth Ministry at Moody Bible Institute

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Lydia Donaldson:

Now a day folks who Living in the era exactly where everything reachable by connect with the internet and the resources inside it can be true or not involve people to be aware of each facts they get. How individuals to be smart in having any information nowadays? Of course the reply is reading a book. Reading a book can help persons out of this uncertainty Information particularly this Unfriend Yourself: Three Days to Detox, Discern, and Decide About Social Media book since this book offers you rich information and knowledge. Of course the information in this book hundred per-cent guarantees there is no doubt in it you may already know.

Damon Smith:

The reason? Because this Unfriend Yourself: Three Days to Detox, Discern, and Decide About Social Media is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will shock you with the secret the item inside. Reading this book beside it was fantastic author who write the book in such remarkable way makes the content interior easier to understand, entertaining means but still convey the meaning completely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of rewards than the other book include such as help improving your ability and your critical thinking way. So , still want to hold off having that book? If I have been you I will go to the book store hurriedly.

Bobbie Burke:

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