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Hacking Happiness John Havens, 2014-03-20 In Hacking Happiness futurist and contributing Mashable writer John C Havens introduces you to your quantified self your digital identity represented by gigabytes of data produced from tracking your activities on your smartphone and computer Harvested by megacorporations such as Google Facebook and Amazon Havens argues that companies gather this data because of its immense economic value encouraging a culture of sharing as they hoard the information based on our lives for private monetary gain But there s an alternative to this digital dystopia Emerging technologies will help us reclaim this valuable data for ourselves so we can directly profit from the insights linked to our quantified selves At the same time sensors in smartphones and wearable devices will help us track our emotions to improve our well being based on the science of positive psychology Havens proposes that these trends will lead to new economic policies that redefine the meaning of wealth allowing governments to create policy focused on purpose rather than productivity An issues book highlighting the benefits of an examined life in the digital world this timely work takes the trepidation out of the technological renaissance and illustrates how the fruits of the Information Age can improve our lives for a happier humanity

Low Tech Hacking Jack Wiles, Terry Gudaitis, Jennifer Jabbusch, Russ Rogers, Sean Lowther, 2012-01-02 The hacking industry costs corporations governments and individuals millions of dollars each year Low Tech Hacking focuses on the everyday hacks that while simple in nature actually add up to the most significant losses

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