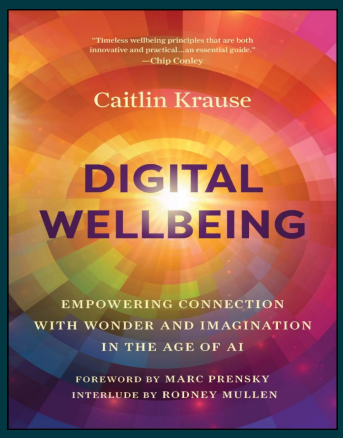
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By Caitlin Krause

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Description

Digital Wellbeing by Caitlin Krause explores leveraging AI and technology to boost creativity, mindfulness, and connection. It offers strategies and reflective exercises for leaders and individuals to thrive digitally with wonder and imagination, achieving a balanced and enriched life in the digital age.

About the Author

Caitlin Krause

Caitlin Krause is a globally recognized experience designer, learning expert, author, and keynote speaker who teaches at Stanford University about technology and wellbeing.

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