



online experience and discover your definition of digital balance. Through short, actionable chapters, you'll learn how to:

- Tailor your social media use to your personality.
- Select positive relationships over toxic ones.
- Overcome comparison syndrome and the fear of missing out.
- Fill your feed with meaningful, humorous, and uplifting content.
- Optimize your news intake and resist doomscrolling.
- Improve your sleep, create "tech holidays," and more.

With innovative strategies for managing technology, you'll transform your relationship with tech and discover how to make social media work for you. You Are What You Click offers a science-backed approach from a credentialed doctor: Dr. Brian Primack has an MD and a PhD in Education and Behavioral Science. Primack is the go-to expert on this topic. His work on the intersection of media and health has been cited nearly 6,000 times in peer-reviewed scholarly literature, and he has been featured in major media outlets across the world. FOR WELLNESS READERS, PARENTS, AND ANYONE WHO USES SOCIAL MEDIA: Dropping off the digital map or deleting all our social media accounts isn't the only option—and often isn't something we feel ready to do. Rather than digital abstinence, with Primack's 3-step plan, tech lovers will be able to understand how to regulate their online social platforms in healthier ways. A BALANCED PERSPECTIVE ON TECHNOLOGY AND SOCIAL MEDIA IN A POSITIVE LIGHT: Almost every book in this genre portrays technology in a negative or even scary way. With this book, readers will learn how to adjust and balance their presence online with a personalized plan they can use across all platforms, no matter what new social media app goes public next. Primack offers an empowering solution that is forward-thinking, and will continue to be relevant as technology becomes more immersed into our lives. QUICK, PRACTICAL ADVICE: You Are What You Click is broken into short, actionable chapters that allow readers to understand the research, take action, and see results—perfect for short attention spans whittled down by Facebook and Instagram stories, Twitter, Snapchat, and TikTok! FOR FANS OF PERSONALITY BOOKS: Fans of books like The Road Back to You: An Enneagram Journey to Self-Discovery and The Four Tendencies: The Indispensable Personality Profiles that Reveal How to Make Your Life Better will love the personality quiz and personalized solutions Primack offers for being selective, creative, and healthy with social media use.

Nanoparticles exhibit a range of different properties when compared to bulk materials. Their high surface-area to volume ratio makes them particularly attractive for use as catalysts and recent years have seen an explosion of research in this area. The ability to fine-tune the size and structure of nanoparticles means that it is possible to design catalytic materials for improved activity or specificity. As catalysis is one of the key technologies for more sustainable production of both chemicals and energy, the past few years have seen increasing numbers of nanomaterials reported for these applications. Depending on the application, a number of different catalyst synthesis and optimization protocols can be used. This book provides comprehensive links between the design and fabrication method for nanoparticles and their catalytic performance (activity, selectivity and stability) in various applications. Presenting an introduction to the concept of catalyst design and recent developments in the preparation and characterisation of nanomaterials, followed by several chapters on the design of catalysts for specific applications, this book is a valuable resource for researchers working on catalytic reactions, industrial processes and nanomaterial applications.

This book constitutes the refereed proceedings of the 9th International Conference on Design, User Experience, and Usability, DUXU 2020, held as part of the 22nd International Conference on Human-Computer Interaction, HCII 2020, in Copenhagen, Denmark, in July 2020. The conference was held virtually due to the COVID-19 pandemic. From a total of 6326 submissions, a total of 1439 papers and 238 posters has been accepted for publication in the HCII 2020 proceedings. The 51 papers included in this volume were organized in topical sections on interactions in public, urban and rural contexts; UX design for health and well-being; DUXU for creativity, learning and collaboration; DUXU for culture and tourism.

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