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El libro está planteado para despertar y generar mucha empatía con el lector, que se sienta identificado, y que pueda analizar cómo está usando las tecnologías y cómo mejorar su relación con ellas para ganar en calidad de vida, disfrutar más del tiempo libre, de los amigos y la familia, mejorar el rendimiento en el trabajo, y en definitiva, ser más libre.

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