



The UnWired Mom

Sarah Mae

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The premise of The UnWired Mom is not that the Internet is bad; it is that we can enjoy it and use it without losing our lives to it. The UnWired Mom is about keeping our lives full and whole and allowing technology to be a healthy part of that life instead of an unhealthy, consuming one. The UnWired Mom is, at its core, about freedom.

The UnWired Mom Details

Date : Published (first published June 23rd 2013)

ISBN :

Author : Sarah Mae

Format : ebook

Genre : Parenting, Nonfiction, Science, Technology, Christian, Christian Living

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From Reader Review The UnWired Mom for online ebook

April says

A great book for me. If you're having trouble, even if you don't want to take her challenge...she's got some great advice. Be careful, it's a bit convicting, and you might just have to take a closer look at how you're living your life and where you're spending your time...and why!

If nothing else, her suggestion of an app stayfocused has been a great service in my world!

Angie says

An average book. Whilst it is an important subject matter the book was significantly lacking in depth or any real insight. It was essentially a book of multiple blog posts. The subject matter really called for more depth to fully address the issues in a relevant manner!

Jenni says

While it wasn't great, it wasn't bad, either. It was refreshing to read about a mom's true struggles with technology and be completely honest about her feelings. She laid it all out there in a way that doesn't make the reader feel like a failure being in the exact same position. Sarah Mae describes it perfectly when she shares with us her use of the Internet and social media as an escape from the relentless need of young children. She also shares that we have forgotten the importance of real friends and actual phone conversations. In this Wi-Fi world we, as mother's, rely on screen friends to help us out of our funk and commiserate rather than real life, in the flesh friends like our parents had. At the end, she helps readers become aware of their time management and offers tools to keep our time from being sucked into the bottomless pit of the Internet, and focused on our families instead.

Sanz says

The subject matter of The UnWired Mom is definitely important for moms in this Internet addicted society but this book was like reading a blog. I enjoy reading blogs but I was expecting more depth. I also cringed at the grammatical errors. (There instead of their. Internet being capitalized in some chapters and not others.) But it did make me think about my priorities and I am glad I read it.

Catherine Gillespie says

Rather than being a Luddite treatise on getting rid of your computer, The UnWired Mom is a helpful encouragement to be more aware of how you spend time and to take control of using the internet as a tool.

I really appreciated the way the author (Sarah Mae, the author of *Desperate: Hope for the Mom Who Needs to Breathe*) encourages readers to think carefully about how to use the internet.

{Read my full review here}

Katie Casey says

The problem with having a job that you can do so much of online is that it can be extremely difficult to get offline (or "unwired") too. Hard to balance it all with family, etc. This book really has some good practical advice, challenges, and helps to realistically put it all in perspective.

Johanna says

Encouraging & Helpful

I found this book to be very comforting but also convicting. I feel like I have been in the same place as the author describes herself with internet addiction. It's good to know I'm not the only mom who has struggled with this, and that there is something I can do about it. I want to LIVE, and I am going to be putting into place many of her suggestions for doing just that. Highly recommend this for anyone finding themselves online too much.

Lynette Akins says

I admit it, I am plugged in way too much! I read this book about a year ago and was very encouraged to unplug and be more intentional with my children. I am about to read it all over again because of a few life changes that have made me a bit lazy but now that everything is getting back into a routine I need the motivation to get back on my goals!

Melony Merten says

In today's tech-filled world, it's easy to get caught up in the non-important things in life and forget about what really matters. I love how Sarah Mae gently reminds us, through the telling of her own personal story with this struggle, that we are not alone and that we can CHOOSE a different life.

Kate says

I found this book much more geared toward stay at home moms who have a blog - but as a mom who works full time outside the home, I did find it useful. I didn't fully follow her challenges, but more kept them as things to consider & incorporate into my life as they fit.

I loved the (guest) chapter on what life was like for stay at home moms in the era before the Internet - it made me realize how isolated I am in my own motherhood. But, again, since I work full time it didn't really apply to me.

Still, I found it a worthwhile read & it definitely gave me something to pray & ponder over.

Emily says

This read more like a blog post than a book. It felt overly preachy to me, but some of it was helpful advice. I do need to work on cutting down my online time - it can be so easy to get sucked in to the internet vortex for hours at a time when you only meant to check your e-mail and pop into facebook for a few minutes.

M.K. says

All I can say is I needed. this.

The biggest takeaway for me: staying home with littles will sometimes be boring. That's okay; most other jobs come with a dose of boredom, too! But checking out online, ignoring work, isn't acceptable in other fields, so it shouldn't be in mine, either. This book (along with others I've read recently, so clearly God's trying to drive the point home) points to sacrifice as good and healthy and worthwhile.

I'm still working out how less-screen-time will play out for me, but already we're seeing improvement, and I'm glad!

Karin says

Short, quick read. worth it.

Rated it 4 stars not because it is amazing, but because it is HONEST and is a topic that every parent needs to face. It is hard to focus on my kids when there are so many more interesting things happening in the world and I can connect to it with a click on the phone in my hand, but my kids need my full undistracted attention. This book has helped me to become aware of how technology can interrupt relationships.

Though I found it ironic to be reading it on my kindle :)

Jaime says

I love Sarah Mae and I wanted to love this book. Unfortunately it seemed to be like a collection of blog posts that were hastily gathered, sent to a publisher, and called a "book." It fell completely flat for me. It's a shame, too. It's a timely subject, and the issue of Internet addiction is a very real issue for many moms that needs to be thoughtfully addressed. Instead, I felt as if Mae was rushing through anecdotes and advice as if she wanted to move on to something more interesting. I kept waiting for the "good stuff" to come, but

unfortunately, it never did. Disappointing.

Melissa says

Exactly what I needed to read and exactly what I didn't want to read. Very short book, quick read, and SO where I am at right now with an internet addiction. Haven't started the 14 day plan that is the second half of the book but intend to VERY SOON! I want more free time for my family and house, without the time warp that is the internet interfering. Any friends wanting to get the book, read it, and go through the 14 day plan with me?
