

# *Truth* RESTORED

## Chapter One: The Last Time I Was Present

I remember the last time I ate dinner without my phone beside me.

It wasn't recent.

It wasn't even memorable — until now. That night, I sat with real people. We laughed, we debated, we shared food. There were no photos taken, no likes received, no stories posted. It was real. It was enough. And I never realized how rare that feeling had become.

The truth is, many of us are living in a state of low-grade digital anxiety. We reach for our phones without knowing why. We scroll not out of interest, but out of reflex. We fear missing out, even as we miss what's right in front of us. The offline world — nature, prayer, reflection, silence, face-to-face love — is slipping away, quietly.

This book is not just about turning your phone off. It's about turning your life back on.

We'll walk through the signs of digital fatigue, the science behind digital addiction, and — most importantly — how to restore attention, presence, and peace. Not by becoming a hermit or smashing your phone, but by taking control again. Because your life deserves to be lived — not just watched.