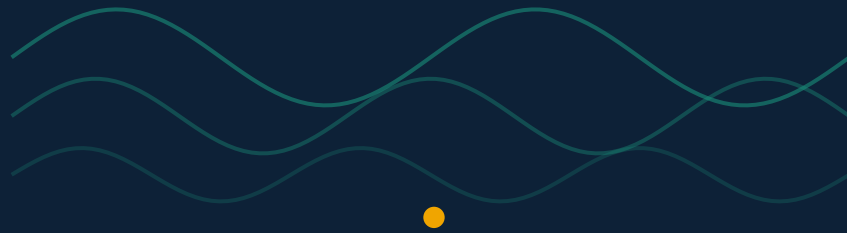


FREE SAMPLE

The Dopamine Reset

A 30-Day Plan to Reclaim Your Brain
from Screens and Scrolling



PlainAtlas Publishing

2026

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SAMPLE

PART 1

The Problem

Why your brain feels hijacked

Chapter 1

The 7-Hour Trap

Right now, the average American adult spends **7 hours and 3 minutes per day** staring at a screen. That number comes from DataReportal's Q1 2026 Digital Report, and it only counts personal screen use — not the hours you spend on screens for work. Add those in, and many people are looking at 10 to 13 hours of total screen exposure every single day.

Let's do the math that no one wants to do. At 7 hours per day of personal screen time, you will spend approximately **106 days per year** in front of a screen. Over a decade, that's nearly three full years. Over a typical adult lifespan, you're looking at 12 to 15 years consumed by screens. That's more time than most people will spend eating, exercising, and having face-to-face conversations with their family — combined.

7 hrs

Daily screen time

96x

Phone checks/day

12+ yrs

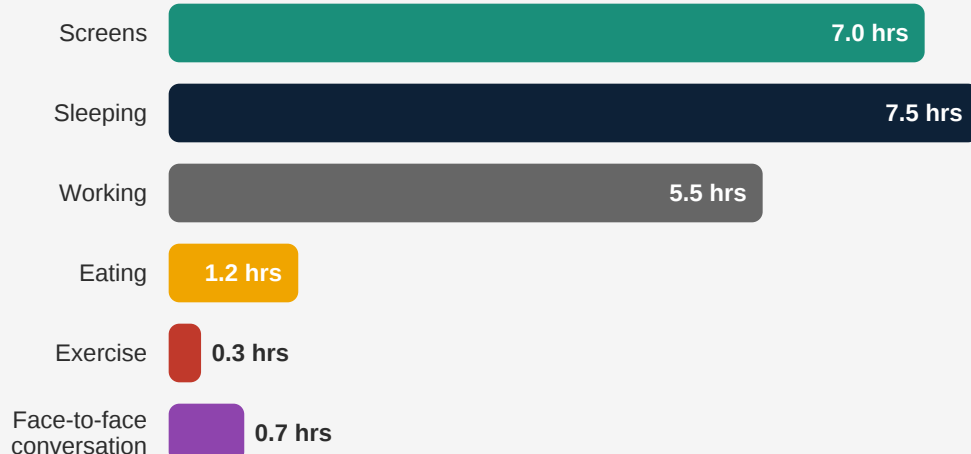
Lifetime on screens

2,617

Daily phone touches

You check your phone an average of 96 times per day. That's once every 10 minutes during your waking hours. Each check takes anywhere from 30 seconds to 15 minutes, and each one interrupts whatever you were actually doing — a conversation, a thought, a moment of rest.

Where Your Time Goes (Average US Adult, Daily)



These numbers aren't meant to make you feel guilty. They're meant to make you feel **informed**. Because here's the thing: almost nobody chooses to spend 7 hours a day on their phone. It just happens. The scroll sessions, the notification checks, the "just one more video" loops — they accumulate silently, like interest on a debt you didn't know you owed.

This book is about paying off that debt. Not by smashing your phone or moving to a cabin in the woods, but by understanding exactly what's happening, why it's happening, and how to take back control — one practical step at a time.

The Real Cost

At 7 hours per day, you will spend more time on your phone this year than you will spend cooking, reading, exercising, playing with your kids, and talking to your partner. Not combined — each of those individually. That's not a character flaw. It's a design problem. And design problems have design solutions.

THIS IS JUST A PREVIEW

The Full Book Includes:

- **20 Chapters**

From brain science to family screen agreements

- **5 Appendices**

Tracker, 50 analog activities, tools, family agreement, sources

- **30-Day Reset Plan**

Week-by-week with daily actions and checklists

- **Quick Win Callouts**

Instant actions you can take while reading

- **Phone Setup Guides**

Step-by-step for both iPhone and Android

- **Social Media Guide**

Use it without the addiction — practical methods

- **Diagrams & Charts**

Visual breakdowns of key concepts and data

- **50 Pages of Content**

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