



Your Life, Uploaded: The Digital Way to Better Memory, Health, and Productivity

Gordon Bell, Jim Gemmell

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**"A marvelous job of exploring first hand the implications of storing our entire lives digitally."
-Guy L. Tribble, Apple, Inc.**

Tech luminary, Gordon Bell, and Jim Gemmell unveil a guide to the next digital revolution. Our daily life started becoming digital a decade ago. Now much of what we do is digitally recorded and accessible. This trend won't stop. And the benefits are astonishing.

Based on their own research Bell and Gemmell explain the ever- increasing access to electronic personal memories-both "cloud" services such as Facebook and huge personal harddrives. Using Bell as a test case, the two digitally uploaded everything-photos, computer activity, biometrics-and explored systems that could best store the vast amounts of data and make it accessible. The result? An amazing enhancement of human experience from health and education to productivity and just reminiscing about good times. And then, when you are gone, your memories, your life will still be accessible for your grandchildren...

Your Life, Uploaded is an invaluable guide to taking advantage of new technology that will fascinate and inspire techies, business people, and baby boomers alike.

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Frances Coffey:

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Kayla Congdon:

Playing with family within a park, coming to see the water world or hanging out with friends is thing that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love *Your Life, Uploaded: The Digital Way to Better Memory, Health, and Productivity*, you could enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh can occur its mind hangout men. What? Still don't obtain it, oh come on its named reading friends.

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Lauren Miner:

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