“Step Away from the BlackBerry”

In this chapter, we will walk you through Step 3 of overcoming your BlackBerry addiction: learning to occasionally live without your BlackBerry.
Step 3: Begin to turn away from BlackBerry abuse. We resolve to begin occasionally turning our will and our lives over to the power of being BlackBerryless.

*In other words, the third step in overcoming our addiction is to begin to take short breaks from our BlackBerry.*

Along our path away from the abuse of our BlackBerry smartphones, we come to our third chapter in this book. The third step in the traditional path of recovery is to turn our lives and our will over to a higher power. We suggest that Step 3 towards BlackBerry recovery is to step away from our BlackBerry for a bit. Doing so lets us free ourselves from the shackles that enslave us and remember what it is that gives meaning to our lives.

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**Caution** Exercising while checking Email is not Relaxing.

Recent studies have shown that the constant interruption of reading and replying to email or otherwise multitasking while you exercise can be more fatiguing than relaxing. According to Mark Berman, a University of Michigan neuroscientist, “People think they’re refreshing themselves [by exercise], but they’re fatiguing themselves.”¹

For some, this might mean connecting with our higher power. For others, it might mean re-connecting with our spouse or partner. And for others, it might just mean enjoying time with our kids or enjoying the great outdoors. There is life beyond our BlackBerry; we just have to let ourselves find it.

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