DELUGED BY DATA

Director(s): Josh FREED

Writer(s): Josh FREED

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In the exploding digital age, we are being swamped by emails, texts, tweets, photos and Facebook alerts as well as new biofeedback phone apps that measure our footsteps, heart rate, brain waves, stress levels, calorie intake and mood swings.
A growing army of data-lovers thinks information can revolutionize our lives and find formulas to bring us happiness through numbers. But recovering "data addicts" say we all need to go on a data diet - or head for a digital detox retreat that promise to wean us off of our screens. Are we being asphyxiated by information - and screening out our real lives?

"... appreciate yet another excellent documentary by Josh Freed. This one will really blow your mind!" Richard Lanoie in his review for broadcast on CBC Doc Zone 12 March 2015. To read the full review please click here.

Categorie(s): Society & Human Interest, Science & Environment, Collections - Series

Tag(s): Technology, Health, Society, Computer science

Producer(s): JOSH FREED PRODUCTIONS

Coproducer(s): CBC, CANAL D

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Support(s): HD file

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