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Posted on 17 May 2017 By Nick Spalding

# ^Free Epub ? Logging Off ? PDF eBook or Kindle ePUB free

This is the first Nick Spalding book I've read and I found it so easy to get into and enjoy, it's a very accessible book and also incredibly relatable. The concept of a digital detox is very relevant as we are all getting and reliant on technology which is illustrated so well in this. It has both pros and cons. I loved following the thoughts going through Andy's mind as he despaired at the impact the lack of technology had on both his mind and his life. His friend Fergus was fun to read as he was so good at gently manipulating Andy for both their benefit and the loggers off, especially Grace, were well written. This was a really relaxing read with some great humour and also very salient points. Andy Bellows is an everyman. Someone most people can identify with. If you are not like him, you know someone who is. That's what makes his character so great. It's very easy to identify with his trials and his foibles. His problems are very timely, in fact, this book could be ahead of the curve, in address the over reliance on technology, specifically online. In its way, it's a wake up call but wrapped up in a crazy and hilarious narrative. Forget a Greta Thunberg, it's Andy Bellows who we need to listen to. It's fresh and original, and the journey here is great fun. It's a good you cannot put down. You just want to experience. Just like the technology, it deals with, it's very compulsive. This is my second Nick Spalding book, after reading *Dumped Actually Personally*, I think this is even better than that great book. That is why I thought it was pure genius to overlap a with part of *Dumped Actually* Marvelous idea. Really recommend this to anyone with a sense of humor and fun. I believe this is going to be the top of many people's recommended lists. Pure Genius to be shared with as many people as possible. I thoroughly enjoyed Andy Bellows as a character and his journey of detoxing from social media, smartphones, and the internet in general. He is funny, bumbling, and lovable. Andy Bellows, graphic designer, goes to see his doctor with symptoms of IBS, a painfully locked jaw, and a sore neck. His doctor suggests a radical detox from the digital world, and Andy grudgingly follows through with his best friend reporting on the detox in the local paper to keep Andy accountable. But Andy struggles without using a smart phone for GPS, ordering food, or keeping in touch with the world around him. In some ways, it is the best thing he has ever done. In other ways, it feels like he cut off one of his own limbs. As Andy gains a real life following of people interested in his detox, he feels as though his life is spiraling out of control and he's concerned about the crowds of people following him in the real world than he ever was about his follower count on Instagram or Twitter. Andy must decide whether to keep up the detox, or return to the digital world albeit balanced in his use of digital media than before. Overall, this book was a very fun read, but I almost felt like it tried to be a little too deep and philosophical toward the end. That's my only complaint though. I was either smiling or laughing through the rest of the book. Thank you to NetGalley and Publishing for a free galley copy in exchange for an

honest review Logging Off will be released April 23rd, 2020 Andy Bellows is an everyman Someone most people can identify with If you are not like him, you know someone who is That s what makes his character so great It s very easy to identify with his trails and his foibles His problems are very timely, in fact, this book could be ahead of the curve, in address the over reliance on technology, specifically online In its way, it s a wake up call but wrapped up in a crazy and Hilarious narrative Forget a Greta Thumberg, its Andy Bellows who we need to listen to.Its fresh and original, and the journey here is great fun It a good you cannot put down You just want to experience Just like the technology, it deals with, it very compulsive This is my second Nick Spalding book, after reading Dumped Actually Personally, I think this is even better than that great book That is why I thought it was pure genius to overlap a with part of Dumped Actually Marvelous idea Really recommend this to anyone with a sense of humor and fun I believe this is going to be the top of many people s recommended lists Pure Genius to be shared with as many people as possible Thanks to NetGalley for an advanced eARC in exchange for my honest opinion Quick read about the effects technology has on society Andy Bellows is a 30 something graphic designer, with a strong penchant for overuse of screen time This culminates in a wide variety of physical ills leading to a very uncomfortable bathroom event during a pitch His doctor recommends cutting out all things web based, aside from work, for a period of 60 days And here we have Logging Off Some of the escapades Andy gets into during his journey are genuinely humorous And the love story with the beautiful Grace is nicely played out However, it feels like the author didn t hit his stride until about 3 4 of the way through the book My number one piece of advice would be to edit out the majority of poo references I couldn t go two pages without one it was distracting and added nothing. Another funny, witty and thought provoking read from Nick Spalding.When main character Andy Bellows finds himself in a sticky situation at a work presentation he decides there is no alternative to visit the doctor that is after he has diagnosed himself with 5 types of cancer using Google The diagnosis Andy spends too long connected to the online world and needs to embark on a digital detox The story follows Andy as he begins Logging Off and reconnecting with the real world A world where he has to use paper maps, leave the house to buy food and speak to actual human beings Before long Andy s story appears in the paper but Andy is beginning to have second thoughts Overall, an absolutely fantastic read Nick has written in such a lovely style yet again, funny and gives the reader something to think about I m sure this book will do well once published and I have no doubt that it will end up as one of my top reads of 2020.A huge thank you to NetGalley and Publishing UK for this ARC. I literally cried laughing at this book I love Nick Spalding s sense of humour and his books always make me laugh Some of the opening scenes where Andy is being interviewed were hysterically funny After Andy realises the amount of stress he is causing himself by living his entire life online, he attempts to detox from technology Some of the situations he finds himself in are just incredible and I particularly liked the reference to some of the characters from the previous

book Dumped Actually. Humour is very subjective and maybe not everyone would find these books as funny, but I can honestly say they suit my sense of humour completely and would urge everyone to give them a go Thanks for all the laughs Nick, your books never fail to cheer me up. As is always the case with a Nick Spalding s book, I loved it His brilliant use of the language could again be worth the reading alone This is top comedy and intelligent humour on a very serious matter and I think many will have a few home truths delivered while effortlessly reading what can be a very light, very funny story or the report on the recovery of an addict Or a beautiful, heart warming love story, too I laughed much and cried a little and they were happy tears and adored all the characters, and that includes Puggelugs How lovely to see a the cameo by characters from Dumped Actually, too I can only recommend this book Thank you to NetGalley, Publishing UK and the author for an early copy LoggingOff NetGalley

*Bestselling author of* DUMPED, ACTUALLY

**NICK SPALDING**

**LOGGING**

**OFF**



Andy is ridiculously addicted to the internet To such an extent that he barely manages not

to defecate all over himself at an interview and experiences symptoms similar to a stroke in said interview. He books himself a Dr's appointment, spends the time leading up to the appointment Googling his symptoms always a great idea, to be told by his GP that he needs a technology detox. Now Andy must spend two months navigating life without technology while learning exactly to what extent he has let that technology completely take over his entire existence. I am a Nick Spalding fan and do already have this book pre ordered. Having read all of Nick's books, I was absolutely delighted to find that I could access *Logging Off* it early on NetGalley in exchange for an honest review. As a fan, this book does not disappoint. Filled with witty language, a hilarious storyline and loveable characters, this is one of Nick's best books yet. I loved how characters from some of Nick's other books make little cameo appearances too. This book, whilst being hilarious, also shines a very real light on the serious effects that the overuse of Technology can have on us. Also, how unrealistic it is to aspire to be anything like the trendsetters on Instagram as profiles are often fake or heavily edited, retouched and only show what the account holder wants to project to the world which is not necessarily the truth. If you are a fan of other Nick Spalding books, you are going to love this one. It is very typical of his writing in that you will laugh out loud while reading. If you have never read any Nick Spalding read this book to see why you need to read the rest of his books. Although the book will not be released to the public until next month, you can pre order it now. ^Free Epub ? *Logging Off* ? From Bestselling Author Nick Spalding Comes A Laugh Out Loud Story About Getting Offline And Getting On With Life. Andy Bellows is in a right state. Plagued with insomnia, anxiety and neckache, he's convinced there's something seriously wrong with him and the worst thing is that his doctor agrees the diagnosis. Andy is in the grip of a self-destructive addiction to technology. He just cannot put that bloody mobile phone down. Texting, tweeting, gaming and online dating. Technology rules Andy's life. His phone even monitors his bowel movements. So how will he cope when he's forced to follow doctor's orders and step away from all of his beloved screens. From having to leave the flat in search of food like some kind of Neanderthal to engaging in conversations with actual people, Andy's about to discover just how bewildering and scary the analogue world can be. And when his sixty day detox hits the headlines making him a hero to suffering technophiles everywhere, Andy is sorely tempted to pack it all in and escape in the nearest Uber. Can he get himself out of this mess, and work out how to live a better, technologically balanced life without consulting Google even once.

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