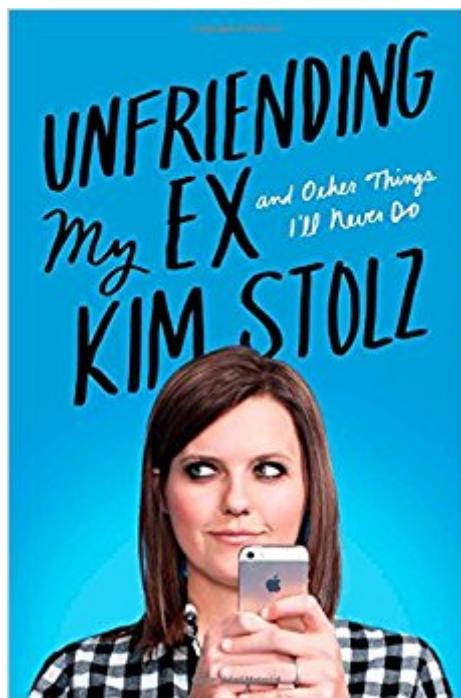


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# Unfriending My Ex: And Other Things I'll Never Do



## Synopsis

An incisive, hilarious, and brutally honest memoir about life online and about how our obsessive connectivity is making us more disconnected—•from former reality show contestant, MTV VJ, restauranteur, and go-to voice for millennials. Social media and technology have fundamentally altered the way we do business, couple and break up, develop friendships, and construct our identities and our notions of aspiration and fame. We make decisions about where we’ll go based on whether it’s Instagrammable. We don’t have friends, we have followers. For an entire generation, an experience not captured on social media might as well not have happened at all. As someone whose identity has been forged by reality TV (as a contestant on America’s Next Top Model) and social media and mobile technology, Kim Stolz is deeply obsessed with the subject. She has a hard time putting her phone down. And yet she remembers what life was like before technology-induced ADD, before life had become a string of late-night texts, Snapchats, endless selfies, that sinking feeling you get when you realize you’ve hit reply all by mistake. It’s hard to imagine now, but there was once a time before we wasted a full hour emptily clicking through a semi-stranger’s vacation pictures on Facebook, a time before every ex, every meaningless fling was a mere click away. *Unfriending My Ex (And Other Things I’ll Never Do)* is the first book to document the hilarity of the social media revolution from the inside; it chronicles a life filtered through our obsessive relationship with technology. The book is as eye-opening as it is entertaining as it proceeds through the various ways in which social media and mobile technology have generated empathy deficits and left us all with the attention spans of fruit flies—and the sad fact that in spite of all of this, we find it impossible to switch our devices off. Smart, hilarious, and completely relatable, *Unfriending My Ex (And Other Things I’ll Never Do)* captures our crazy moment, shining a bright light on the trials and tribulations of life online.

## Book Information

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## Customer Reviews

Ã¢ "Reading Kim StolzÃ¢ "s riveting, haunting *Unfriending My Ex*, I found myself wondering, why did it take until 2014 Ã¢ "s this many years into the technological revolution - for someone to write a book like this?Ã¢ " (Michael Cunningham, Pulitzer Prize-winning author of "The Hours" and "The Snow Queen")Ã¢ "The cliche holds that anyone south of 30 years old is enriched by digital devices, and happily spends their waking hours on Facebook and Twitter, expanding their network, becoming empowered as writers and thinkers, achieving fame, overthrowing corrupt governments. In this reader-friendly and cogently argued book, Kim Stolz shares another story -- of her digital addiction and how it enslaved her, fraying friendships, and attention spans, and making her and members of her generation less, not more, connected. *Unfriending My Ex* is a punch in the nose, meant not to knock out technology, but to jolt us to seek more balance in our lives. Because it is so personally honest, it will rivet your attention.Ã¢ " (Ken Auletta, author of *Googled*)Ã¢ "Kim Stolz has written an exciting book about love and life in the era of the iPhone. Whether you're addicted to technology or totally anti-social media, she captures the reality of living a sexy, busy, buzzy life today. She's the ultimate cool chick, an authentic artist, and a natural born writer.Ã¢ " (Alyssa Shelasky, author of "Apron Anxiety")Ã¢ "Stolz explores a topic so current and impactful that I only checked my Twitter and Instagram twice while reading it!Ã¢ " (Caprice Crane, international best-selling author of "Stupid and Contagious" and "Confessions of a Hater")Ã¢ "I remain hopeful that despite current trends, self-awareness and genuine human connection are achievable among the Ã¢ "smeÃ¢ "s generation. Kim StolzÃ¢ "s *Unfriending My Ex* serves as an entertaining and much needed reminder that we can live without our phones (temporarily) and that being able to laugh at yourself and learn from your mistakes is crucial if you plan to thrive in this digitally connected, fast-paced society.Ã¢ " (Yaniv Ã¢ "NevÃ¢ " Schulman, host of MTVÃ¢ "s "Catfish")"As a self-confessed Web-aholic I am well aware that social networks have preyed upon humanity's innate need to connect, and the result is nothing short of a planetary epidemic of info-addiction. We are not only content to live in the Matrix but are increasingly driven to be a cognitive cog in its

functionality. Kim Stolz has the mind of a scientist in the body of Millennial. Her experiences on reality television and MTV have made her something of a Jane Goodall of digital culture: she lives among them, ever observant, to catalog and understand their behavior patterns while attempting to determine the landscape of Mankind's future. On its present course, the signs seem to indicate 'not great.'" (Chris Hardwick, host of Comedy Central's "@midnight" and author of "The Nerdlist Way") "From reality show contestant to MTVU VJ to MTV News correspondent to blogger and tireless tweeter, Kim has been at the nexus of all the tech and cultural, um, "advances that make the 21st century so unique. I've always known her to have a keen sense of what makes her generation tick — the good, the bad, and the sometimes kinda ugly. Our endlessly opinionated, notoriety-seeking, web connected world. It's hard to remember when it wasn't this way. How did we get here and where are we headed? Kim Stolz tackles it all in *Unfriending My Ex*. (Ruby Rose, TV Personality, MTV VJ) "In *Unfriending My Ex*, Kim Stolz gives us a clear-eyed, exceptionally intelligent look at a phenomenon at once mystifying and unavoidable. The thrall in which social media holds us feels so enchanting, we may be losing control of the most valuable parts of our lives to it. The author, while respectful of both progress and of her generation, seeks to restore that control. Here is the work of a grown-up young woman, hip enough to live successfully in the world as it is, yet thoughtful enough to identify its follies and delusions. If our times may be defined by a smart phone, we should be grateful that *Unfriending My Ex* is a hell of a lot smarter." (Roger Rosenblatt, author of *Rules for Aging: A Wry and Witty Guide to Life*) "[A] lively memoir... [Stolz] investigates and considers the various effects of society's (and particularly her generation's) dependency upon technology, finding that texting and smartphones allow chatting without relationship-building, loneliness in spite of keeping in touch, and increased anxiety. (Publishers Weekly) "[A] humorous take on how social networking has changed our society and on the pitfalls of obsessive connectivity." (Tampa Bay Times) "[Stolz] takes a look at the effects of technology-induced ADD on the individual level, reminding readers of social media's harms and hilarities alike...Hysterical and self-aware." (Out Magazine) "In this candid and insightful new memoir, Kim Stolz discusses the trials and tribulations of our obsession with social media and mobile technology.... a Tweet-worthy, share-worthy, Instagramable look into our society and the lives we create online." (Harper's Bazaar)

Kim Stolz is a former contestant on *America's Next Top Model*, MTV News anchor, and current director of equities derivative sales at Bank of America-Merrill Lynch. She is a graduate of

the Brearley School and Wesleyan University. In 2012, she was named one of the 100 most compelling People of the Year by > magazine. She lives in New York City.

I felt like I read the same paragraph over and over and over again. So much fluff! Kind of like a high schooler trying to meet the word count requirement but having nothing new to add beyond the introduction. Title is misleading. It's just the author's opinions on social media anxieties she has observed and then many, many examples of them.

I was looking forward to this one, since I think Kim is great. But - eh. I'd rather have read about her life, as opposed to her social networking/technological experiments.

## GREAT BOOK

Not what I expected. It was a just gossip book.

## Terrible

I must admit the title made me look. Never expected the book's topic to be about our overuse and overexposure on the web. Well done and well written.

Let me state upfront that I had never heard of Kim Stolz. Apparently she is a D list "celebrity" (former contestant on America's Next Top Model; former MTV news correspondent). What really caught my attention is that she nowadays is a "vice president of equity derivatives" at Citigroup. That seems so 180 degrees apart from her previous experiences that I was hoping the book would shed some light on how that turnaround came about. "Unfriending My Ex And Other Things I'll Never Do" (202 pages) brings insights in today's widespread digital additions (Facebook, Instagram, Tumblr, Twitter, etc.). In the book's opening chapter, Stolz relives how she took on a bold challenge: go without her smartphone and computer, and all the social media that come with it, for an entire WEEK, yes, seven days! Not surprisingly, Stolz laments that for the first time in forever, she had some much needed "me time", which she feels was sorely lacking before. Despite that, after that week, she goes back to carry on her digital life, although apparently she is trying to set some limits now. The author demonstrates how so many of the social media interactions create a Pavlov's dog reaction, and hence addiction, in the human brain. In subsequent chapters, Stolz brings multiple stories of

how bad things can go when living life through social media. Interestingly, LinkedIn (a/k/a "the Facebook for professionals") is not mentioned a single time. It happens to be the only "social media" (if you can call it that) that I participate in. Unfortunately the book does not give any insight on how Stolz became an equity derivative banker. (The only work-related statement comes towards the end of the book: "I work in a fast paced environment where there is a lot of yelling and orders are given left and right, but before I come home, I have to change my mind-set, reclaiming my compassion and patience.") So in the end, I read the book for the wrong reason, although I still quite enjoyed it, if nothing else because it's fun (in a schadenfreude kind of way) to see how certain segments of the population seem so caught up living their lives in the digital world and social media, realizing and lamenting that real life is passing them by, yet unable to stop their addiction...

Kim Stolz moved from being a news anchor to the title of VP of Equity Derivatives Sales at Citigroup and transforming her journalistic techniques into writing a controversial whistle blower on the social media and technology. Since the majority of the citizens of this country are addicted to the various avenues of new communication that haunted Stolz, reading about the near disease state of this new technologically induced affliction will be uncomfortable. But speed read through this book and for those who have refused to be sucked into spending hours each day on Facebook, Twitter, Instagram, Linked in, blogging, texting etc - putting dealing with devices both at the desk and hand held into perspective as robbing true communication between conversational adults - for those this book will bring a comfortable wink. Stolz takes us through the extremes of addiction to social media, internet dating, and just the obsession with checking email, Facebook postings, copious photos of what friends are eating or doing on vacation, etc and puts it into perspective. Yes, it is funny to read - unless you are hooked and can't admit it. Nice to see a book that discusses the adverse aspects of the subject! Grady Harp, July 14

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