12 Ways Your Phone Is Changing You

**INTRODUCTION**

Did you know that smartphone users check their phones an average of 81,500 times each year, or once every 4.3 minutes? In reading the book 12 Ways Your Phone Is Changing You, written by Tony Reinke, I learned much about how my smartphone habits were having both negative and positive impacts upon my life. Every Christian parent and smartphone owner would do themselves a great favor by reading this book as it has a wealth of knowledge and advice for using the technology that God has given us in a wise and temperate manner.

**OVERVIEW**

This book grabbed my attention from the very beginning. From preface to epilogue, I was captivated by the interesting research, the author’s personable and humorous dialogue, as well as the inescapable conclusions that any reader would arrive at after reading such a work. The description of the far-reaching sweep of technology through the ages and how it has fundamentally changed our society was fascinating, and the misuse of technology and how it can impact lives was sobering. Tony Reinke did an excellent job researching and presenting his information, keeping the overall tone light and easily read.

**ASSESSMENT**

I believe the question of how technology, and especially smartphones, is changing us is one that is being overlooked by many. A book such as this is an excellent resource for a person who is seeking to self-evaluate in this area, as well as be fitted to educate others under their care. It can be a good teaching tool also for young people who are one day going to be using this technology themselves.

One thing to be aware of in reading this book is that the author uses quotes from many different people of different spiritual backgrounds, but he states that their presence in his book does not mean he endorses all of them or their theology. Also, the King James Version of the Bible is not used throughout this book, but all of the verses are referenced and can be looked up in your own Bible. I can not whole-heartedly agree with every single viewpoint that the author makes, but this book has been eye-opening and educational for me, and I believe it can be of great benefit to others as well.

**CONCLUSION**

In writing this book, Tony Reinke attempted to answer this question, “What is the best use of my smartphone in the flourishing of my life?” He answered this question and more in a manner that showed both discernment and wisdom. Reinke’s presentation on this topic allows Christians both young and old to examine themselves and ask a similar question, “What is the best use of my smartphone that will enable me to further glorify my Lord?”