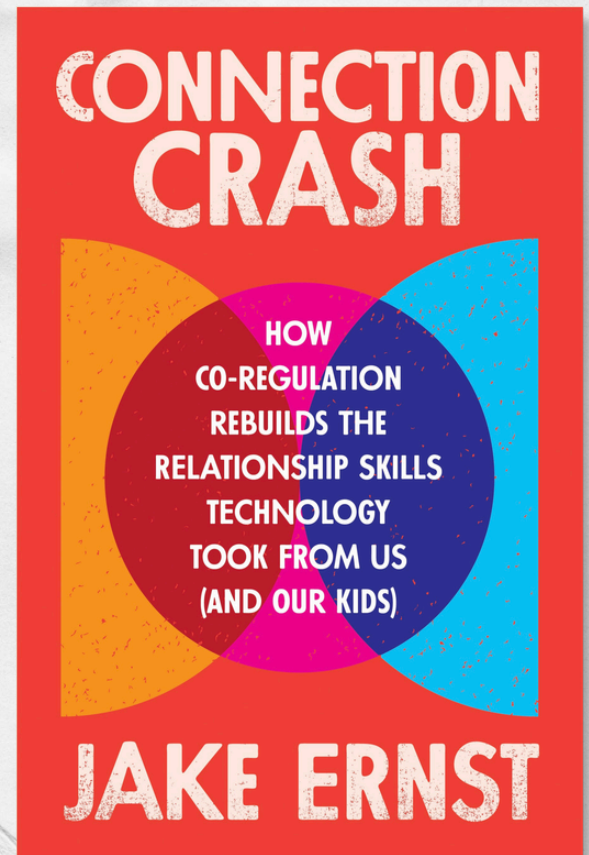


ABOUT THE BOOK

We know the risks and dangers of *digital dependency*. Now it's time to talk about *skills* and *solutions*.

Connection Crash explores how our relationship with technology reshapes our relationships with one another.

The book provides a framework of **three skill sets** that help us achieve natural co-regulation to curb the effects of faux-regulation: anchor, compass, and shield skills.



Published by Hachette Book Group (US) & Harper Collins (Canada) on Jan. 12, 2027.

ABOUT THE AUTHOR



Jake Ernst helps people build *real relationships*. A licensed social worker and psychotherapist, he examines how technology produces patterns of distraction, disconnection, and distress.

Jake works with families, schools, and leaders **to build human systems that technology can't replace.**