



Transformational Technology: What You Need to Know and What's Worth Getting Right Now

Transformational Technology can be defined as the use of advancing technologies for the improvement of people's personal, spiritual, and health capabilities. It includes various gadgets, tools, supplements, and apps that can quickly and dramatically improve someone's experience of life. Transformational Technology (T.T.) is on an exponential growth curve. This means that it's getting approximately twice as good every two years. In 10 years these gadgets will be about 32 times more effective than they are now for the same cost—and they're already quite good. Eventually our entire pursuit of happiness, spirituality, and health will be transformed by T.T. Yet, there will be downsides. Some transformational technology tools will create dependence, avoidance, or interfere with motivation. One must be on the lookout as to whether or not the latest technology is truly a "friend" to you.

It's also important to know that different things work for different people, and that T.T. is focused on various outcomes—such as increasing pleasure, deepening relationships, creating inner peace, and improving health. By knowing what you're looking for and trying out various T.T. tools, you can soon find some app, gadget, or supplement that can truly rock your world.



Some Great Products reviewed in "The Technology of Joy" book include:

1. The Inner Balance and Emwave Heart Coherence Teachers (Heartmath.com). These can help you learn how to open your heart quickly to greater feelings of love and peace. About \$89 and up.
2. The Thync neurostimulator www.Thync.com This product ain't cheap. It's \$199, but it's effective.
3. www.webnutrients.com They have something called the "Happy Pill", NZT-48, and Noostax. All are pretty great. The Noostax product is incredibly powerful—like a drug trip. Go to "order" in the navigation bar and scroll down to see Noostax. Their NZT-48 is very powerful—like the stuff from the movie "Limitless."
4. Adrafinil (Google it to find a good price) and Qualia (from NeurohackerCollective.com) cognitive enhancers are both powerful. They both lead to more focus, energy, and slight feelings of euphoria. Since every body is different, your mileage may vary. Take them in the morning for all day focus and energy.
5. Apps such as Happify, Couple, Live Happy, Kindr, Gratitude Journal, Headspace—all available on the App store at low cost or free, and all are useful for feeling more joy, peace, and happiness.
6. Audio meditators at Centerpointe.com and lawaketechologies.com They each have lots of products that are quite good at inducing a state of meditation, from \$20 on up, but they have free samples.

Jonathan Robinson is a popular speaker, a psychotherapist, and the author of "The Technology of Joy: The 101 Best Apps, Gadgets, Tools and Supplements for Feeling More Delight in Your Life." His website is FindingHappiness.com.
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