

New Book 'Reclaim' Helps Readers Break Free From Digital Distraction and Live With Greater Intention

Former Google and Uber leader Heather Henderson shares a practical roadmap for reclaiming attention, presence, and purpose in an always connected world.

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Notifications. Endless feeds. Constant pings. For many people, digital technology has become so woven into everyday life that distraction feels inevitable. In her timely new book, "Reclaim: How to Stop Scrolling Through Your Life and Start Living It," Heather Henderson offers a refreshing alternative, helping readers take back control of their attention and reconnect with the people, passions, and moments that matter most.



Heather Henderson, Author

"Reclaim: How to Stop Scrolling Through Your Life and Start Living It" launches on Tuesday, September 22, 2026, providing readers with a compassionate, practical guide to creating a healthier relationship with technology without abandoning the tools that have become part of modern life.

A former recruiting leader at Google and Uber, Henderson has spent years at the center of the technology industry. She understands both the extraordinary opportunities digital innovation creates and the hidden costs that emerge when screens begin to dictate how people spend their time, energy, and attention. Rather than condemning technology, she invites readers to use it with greater awareness and intention.

"We don't have to choose between embracing technology and living meaningful lives," said Henderson. "The goal isn't to reject our devices. It's to make sure they serve us instead of the other way around. Every small decision to become more present is a step toward reclaiming the life that's waiting beyond the screen."

Part personal reflection, part practical guide, "Reclaim" explores why so many people feel trapped in endless scrolling and constant digital stimulation. Henderson combines research, relatable stories, and actionable strategies to help readers recognize the habits that quietly consume their days while offering realistic ways to build healthier routines.

The book encourages readers to ask important questions: How much of our attention belongs to us? What experiences are we missing while absorbed in our devices? How can we reconnect with the people sitting across from us instead of the content appearing on a screen?

As digital tools continue to evolve, "Reclaim" reminds readers that their greatest power is still the ability to choose where their attention goes. By making small, intentional shifts, Henderson believes anyone can begin building a life centered on what matters most.

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Heather Henderson

"Reclaim: How to Stop Scrolling Through Your Life and Start Living It" is available through [Amazon](#). Advance Readers Copy can be requested through [NetGalley](#)

ISBN eBook: 9798996161904 | \$9.99

ISBN Paperback: 9798996161911 | \$19.99

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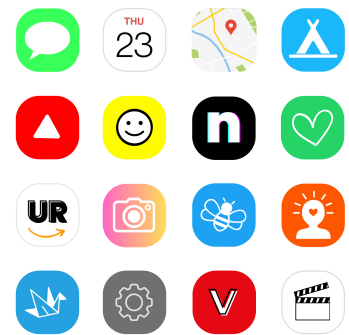
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About Heather Henderson

Heather Henderson is the author of "Reclaim: How to Stop Scrolling Through Your Life and Start Living It." A former Big Tech insider and university recruiter, she spent more than a decade recruiting talent for Visa, Accenture, Google, and Uber, giving her a unique perspective on the technology shaping modern life. Through her writing and speaking, Henderson helps people

reclaim

HOW TO STOP SCROLLING THROUGH
YOUR LIFE AND START LIVING IT



HEATHER HENDERSON

Reclaim: How to Stop Scrolling
Through Your Life and Start Living
It

build healthier relationships with technology and thrive in the attention economy. She lives in the San Francisco Bay Area. Learn more by [visiting her website](#).

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