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# eBook: “New Technologies and Christian Life”

We have gathered together in a free eBook five articles on how the new digital technologies can help us in our relationship with God and our neighbor.

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You can download the book in ePub or Mobi format, to read on your smartphone, tablet or computer.

The book includes the following five articles:

1. The New Technologies and Christian Coherence
  2. Interior Quiet in the Digital Age
  3. Social Media and Personal Relations
  4. Educating in the New Technologies
  5. Sailing Safely on the Digital Seas
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