

In today's world, a perfectly normal day means sitting in front of a screen for eight to ten hours. Meeting after meeting. Task after task. Email after email. If we're not chained to our chairs, we're attached to our devices, looking down at our phones and plugging in headphones the minute we step onto the sidewalk. And then we go home, sit down on the couch, and scroll some more before going to bed and doing it all over again. Even children are not exempt: Many hours of their social and academic lives are spent on a screen.

It feels like an unavoidable price to pay these days, but this endless cycle has very real consequences. We battle daily headaches and lower back pain, suffer from restless sleep, and notice changes in our vision, focus, and mood. Within the next decade, millions of people will be at risk of developing avoidable physical conditions due to inactivity and stress, on top of those already experiencing unprecedented levels of emotional and mental strain. We all know there has to be a better way—but what is it?

Manoush Zomorodi, host of NPR's *TED Radio Hour* and the *Body Electric* podcast, found herself asking that very question as she sat in front of her computer and phone for hours at a time, caught in a constant loop of "wired" and "tired." Now, in *Body Electric*, she draws on expert interviews, cutting-edge research, and real experiences from tens of thousands of everyday participants in her own citizen experiment to reveal the surprising physiological costs of our digital existences, from posture problems and dwindling eyesight to disrupted breathing and weight gain, and shares scientifically backed, easy-to-manage tactics and solutions for better health and well-being. Along the way, she also debunks myths and misconceptions about what helps and hurts us, offers useful insights and takeaways from key studies, and brings readers into the labs, offices, schools, and homes where small shifts are making big differences, culminating in an easy-to-apply protocol that will get us all moving.

Filled with eye-opening data and realistic tips and tricks, *Body Electric* is a rousing wake-up call and a timely, crucial survival guide for individuals, families, workplaces, classrooms, and communities hoping to untether themselves from their devices and live fuller, healthier lives.

MANOUSH ZOMORODI is an award-winning journalist and the host of NPR's *TED Radio Hour*. Her *Body Electric* project with Columbia University Irving Medical Center was one of the largest public health studies of its kind. She was a 2025 Rockefeller Foundation Bellagio Center resident and has received two Gracie Awards for Best Radio Host and a Webby Award for Best Podcast Host. Her first book, *Bored and Brilliant*, was published in 2017. Manoush lives in Brooklyn with her family, is half Swiss and half Persian, and loves her Havanese.

Read by the author

Foreword written and read by Keith Diaz



Runtime: 8h. 4m. • Unabridged

© 2026 Manoush Zomorodi © 2026 by Macmillan Audio, 120 Broadway, New York, NY 10271. Jacket design by Kelly Gatesman. Jacket art © Shutterstock. www.macmillanaudio.com

playaway
PRODUCTS

© 2026 Playaway. Patented.
All rights reserved.
31999 Aurora Road, Solon, OH 44139 USA
Designed in Ohio. Made in China.
www.playaway.com

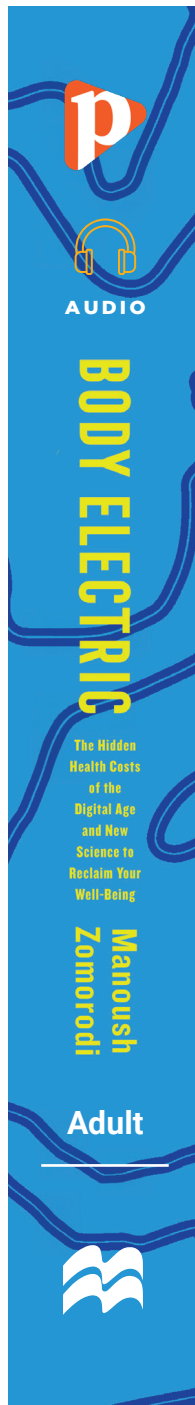
The Playaway format is recommended for children ages 5 and up.

47534

ISBN 978-1-250-48561-8



9 781250 485618



PLAYAWAY

THE ALL-IN-ONE AUDIOBOOK

