



# Your Life, Uploaded: The Digital Way to Better Memory, Health, and Productivity

By Gordon Bell, Jim Gemmell

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**"A marvelous job of exploring first hand the implications of storing our entire lives digitally."**

**-Guy L. Tribble, Apple, Inc.**

Tech luminary, Gordon Bell, and Jim Gemmell unveil a guide to the next digital revolution. Our daily life started becoming digital a decade ago. Now much of what we do is digitally recorded and accessible. This trend won't stop. And the benefits are astonishing.

Based on their own research Bell and Gemmell explain the ever- increasing access to electronic personal memories-both "cloud" services such as Facebook and huge personal harddrives. Using Bell as a test case, the two digitally uploaded everything-photos, computer activity, biometrics-and explored systems that could best store the vast amounts of data and make it accessible. The result? An amazing enhancement of human experience from health and education to productivity and just reminiscing about good times. And then, when you are gone, your memories, your life will still be accessible for your grandchildren...

*Your Life, Uploaded* is an invaluable guide to taking advantage of new technology that will fascinate and inspire techies, business people, and baby boomers alike.

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### **Editorial Review**

#### **About the Author**

GORDON BELL, one of the world's preeminent computer scientists, is a principal researcher at Microsoft. He lives in San Francisco and Sydney, Australia.

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