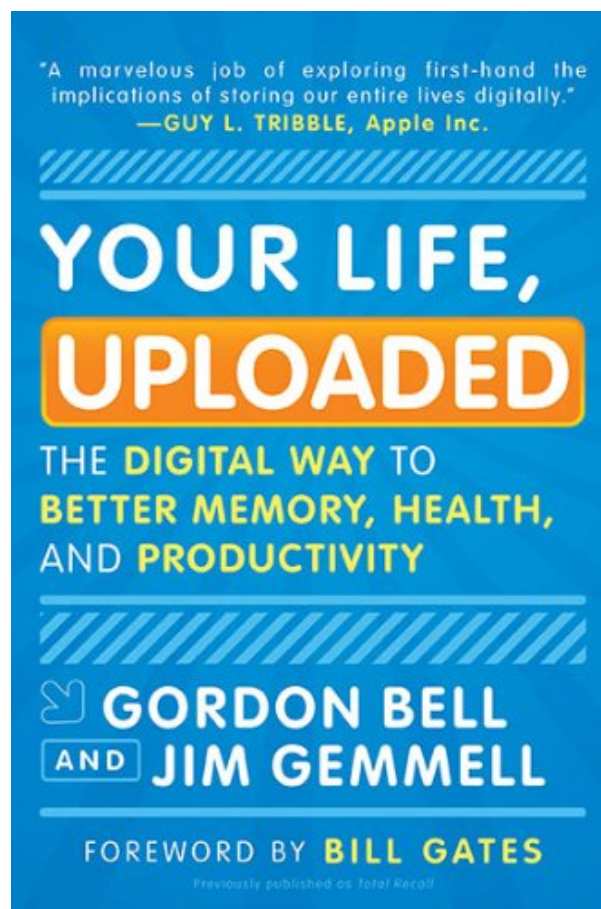


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THE **DIGITAL WAY TO
BETTER MEMORY, HEALTH,
AND PRODUCTIVITY**

 **GORDON BELL
AND JIM GEMMELL**

FOREWORD BY **BILL GATES**

Previously published as Total Recall

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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.

JIM GEMMELL, senior researcher at Microsoft, has been working with Bell since 1995. He lives in San Francisco.

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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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MyLifeBits is an interesting, and (at the time) pioneering project. This book explains the authors' thinking behind the project. Some of the writing may be dated, as it predates the current "Quantified Self" and "Internet of Things" craze, but much of it is still very relevant: Aggregating and making good use of all your data is still far from being a solved problem, and the concerns about privacy remain unchanged.

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