

app for creating a focus environment

The quest for enhanced productivity in our increasingly distracting world has led many to seek digital solutions. A **app for creating a focus environment** is no longer a niche tool; it's a necessity for students, professionals, and anyone looking to reclaim their concentration. These applications offer a suite of features designed to minimize digital noise, foster deep work, and ultimately help users achieve their goals more efficiently. From blocking distracting websites and apps to providing ambient soundscapes and time management techniques, the right focus app can be a game-changer. This article will delve into the core functionalities of such applications, explore their benefits, and guide you in selecting the best fit for your unique needs. We will cover how these tools combat digital overload, enhance concentration, and integrate with popular productivity workflows.

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Understanding the Need for a Focus Environment App

In today's hyper-connected landscape, our attention is a constantly contested commodity. Notifications ping, social media feeds endlessly scroll, and a barrage of information vies for our cognitive resources. This constant digital stimulation significantly hinders our ability to engage in deep, concentrated work, often referred to as "flow state." Without a dedicated strategy, deep work becomes an uphill battle, leading to fragmented tasks, reduced quality of output, and increased stress. A focus environment app directly addresses this challenge by creating a digital sanctuary, a dedicated space where distractions are actively managed and concentration is actively cultivated. It's about reclaiming control over your attention span in an era designed to erode it. The psychological impact of constant interruptions cannot be overstated; it leads to cognitive fatigue, making it harder to process complex information and solve problems effectively.

The modern workplace and study environments are often rife with potential distractions. Open-plan offices, shared workspaces, and even the comfort of our homes can present unique challenges to maintaining focus. External noise, casual conversations, and the ever-present lure of the internet can derail

even the most determined individual. This is where the proactive intervention of a focus environment app becomes invaluable. By establishing clear boundaries and providing tools to enforce them, these apps empower users to take charge of their digital surroundings. They act as digital gatekeepers, filtering out the noise and allowing important tasks to take center stage. The concept extends beyond mere distraction blocking; it encompasses creating a mental and digital space conducive to sustained attention and high-level cognitive engagement.

Key Features of a Focus Environment App

A truly effective app for creating a focus environment is equipped with a range of sophisticated features designed to cater to diverse user needs. At its core, such an application typically includes robust distraction blocking capabilities. This means users can typically select specific websites, applications, or even entire categories of online content that they wish to temporarily disable during their focused work sessions. This is not just about willpower; it's about creating an external structure that supports internal discipline. The ability to customize blocklists and whitelists offers a granular level of control, ensuring that essential work tools remain accessible while entertainment or social media platforms are rendered inaccessible.

Beyond simple blocking, many focus apps incorporate time management techniques to structure work sessions. Pomodoro timers are a popular inclusion, breaking down work into timed intervals (e.g., 25 minutes of work followed by a 5-minute break). This structured approach helps prevent burnout and maintains momentum. Other features might include the ability to set daily or weekly focus goals, track time spent on different tasks, and generate reports on productivity patterns. These insights can be crucial for identifying personal productivity bottlenecks and refining work habits over time. The visual feedback provided by progress trackers can also serve as a significant motivational tool.

Ambient sound and music are also frequently integrated into focus apps to enhance concentration. These applications often offer a curated selection of soundscapes, such as white noise, nature sounds, binaural beats, or instrumental music specifically designed to promote focus and reduce external auditory distractions. The choice of sound can significantly impact one's ability to enter and maintain a flow state, with different sounds resonating with different individuals and task types. Some apps even allow for the creation of custom sound mixes, offering an even more personalized auditory environment.

Website and Application Blocking

One of the most fundamental features of any app for creating a focus environment is its ability to block distracting websites and applications. This functionality is paramount for individuals who struggle with the temptation to browse social media, online shopping sites, or other non-work-related content during their designated work or study periods. The best applications allow for highly granular control, enabling users to create custom blocklists of specific URLs or application names. Furthermore, many offer pre-set profiles for common distracting categories, such as social media, gaming, or entertainment, simplifying the setup process for users who may not know exactly which sites are derailing their focus.

Time Management and Session Planning

Effective time management is inextricably linked to sustained focus. Applications designed to foster a productive environment often integrate various time management methodologies. The Pomodoro Technique is a widely adopted system, and many apps include built-in Pomodoro timers that guide users through alternating periods of work and short breaks. Beyond this, more advanced applications may offer features for scheduling focus sessions, setting recurring work blocks, and tracking progress against pre-defined goals. This structured approach not only helps in managing workload but also in building a consistent habit of focused work, making it easier to enter and maintain a state of deep concentration.

Ambient Soundscapes and Focus Music

The auditory environment plays a crucial role in our ability to concentrate. A good app for creating a focus environment often includes a library of ambient sounds and focus-oriented music. These can range from natural soundscapes like rain or ocean waves to specialized instrumental tracks or white noise generators. The purpose of these audio elements is twofold: to mask distracting external noises and to create a soothing, conducive atmosphere for cognitive tasks. Many users find that a consistent, unobtrusive audio background helps to signal to their brain that it's time to focus, effectively drowning out the everyday chaos that can fragment attention.

Benefits of Using a Focus App for Productivity

The implementation of a focus environment app yields a multitude of benefits that directly translate into enhanced productivity and a more fulfilling work or study experience. Perhaps the most immediate and significant advantage is the drastic reduction in distractions. By actively filtering out digital interruptions, these applications allow users to dedicate their full

cognitive resources to the task at hand. This uninterrupted engagement is the bedrock of deep work, enabling individuals to tackle complex problems, generate creative ideas, and produce higher-quality output in less time than would be possible when constantly switching contexts due to notifications or browsing habits.

Furthermore, using a focus app can lead to improved time management and a greater sense of control over one's schedule. Features like Pomodoro timers or scheduled focus blocks encourage a more deliberate and disciplined approach to work. This structured methodology helps users to avoid procrastination, break down large tasks into manageable chunks, and maintain a steady pace. The awareness of time spent on focused activities, often provided by reporting features, can also be incredibly insightful, allowing individuals to identify where their time is truly going and make necessary adjustments to optimize their workflow. This increased efficiency can free up valuable time for other pursuits or simply lead to a less rushed and more balanced workday.

Beyond the tangible gains in output, focus apps contribute significantly to mental well-being. The constant barrage of digital stimuli can be mentally exhausting, leading to stress and burnout. By creating a controlled environment, these applications reduce the cognitive load associated with managing distractions. This allows for a more relaxed and less anxious approach to work, fostering a sense of accomplishment and mastery. The ability to consistently enter a flow state, where one is fully immersed in an activity, is inherently rewarding and contributes to a greater sense of job satisfaction and overall well-being. This positive feedback loop can further reinforce productive habits.

Choosing the Right App for Creating a Focus Environment

Selecting the ideal app for creating a focus environment involves a careful assessment of individual needs, work habits, and the technological ecosystem one operates within. The sheer variety of applications available means that a one-size-fits-all approach is rarely optimal. Consider the types of distractions that most frequently impact your productivity; if it's social media, an app with robust social media blocking will be key. If it's a general tendency to wander online, a broader website blocker might be more suitable. Understanding your primary pain points is the first step in identifying the essential features you require.

Another critical factor is the platform compatibility. Do you primarily work on a desktop computer, a laptop, a tablet, or a smartphone? Ensure the chosen app is available and functions seamlessly across all the devices you use for work or study. Cross-platform synchronization can be a significant advantage, allowing your focus settings to carry over from one device to another.

Additionally, consider the user interface and experience. An app that is intuitive and easy to configure will be more likely to be adopted and used consistently. Overly complex settings or a cluttered interface can, ironically, become a distraction in themselves. Many apps offer free trials, which are invaluable for testing out different options before committing to a paid subscription.

Platform Compatibility and Device Sync

When searching for an app for creating a focus environment, platform compatibility is a paramount consideration. Users often operate across multiple devices, including desktop computers, laptops, tablets, and smartphones. The ideal focus application should offer seamless functionality and consistent features across all relevant operating systems, such as Windows, macOS, iOS, and Android. Look for applications that provide robust synchronization capabilities. This means that your established focus settings, blocked websites, and scheduled sessions on one device will automatically update and apply to your other devices. This ensures a unified and uninterrupted focus experience, regardless of the device you are using at any given moment, eliminating the need to reconfigure settings for each individual piece of hardware.

User Interface and Ease of Use

The effectiveness of any productivity tool is heavily reliant on its usability. For a focus environment app, an intuitive and clean user interface is crucial. If an app is overly complex or difficult to navigate, it can become a source of frustration rather than a facilitator of concentration. Users should be able to easily set up their focus sessions, customize blocking preferences, and access desired features without a steep learning curve. Look for applications that offer clear visual cues, straightforward controls, and well-organized menus. Many applications provide free trials or demo versions, allowing potential users to test the interface and overall user experience before making a purchase or commitment. A well-designed app should feel like an extension of your workflow, not an additional burden.

Pricing Models and Free Trials

The cost of an app for creating a focus environment can vary significantly, from completely free applications to those with subscription-based models. Many developers offer freemium versions of their apps, which provide a core set of features that may be sufficient for casual users. However, for more advanced customization, analytics, or cross-device syncing, a paid subscription or one-time purchase is often necessary. It is highly recommended to take advantage of free trials whenever available. These trial periods allow you to thoroughly test the app's functionality, assess its effectiveness in your specific workflow, and determine if the premium

features justify the cost. Carefully compare the features offered at different price tiers to ensure you are selecting a plan that aligns with your budget and productivity needs without overpaying for unused capabilities.

Maximizing Your Focus with Advanced App Features

Beyond the foundational elements of distraction blocking and time management, many sophisticated focus environment apps offer advanced features that can further refine and amplify a user's concentration capabilities. These tools are designed to move beyond basic intervention and actively promote deeper levels of engagement. For instance, some applications provide detailed productivity analytics, offering insights into not only how much time is spent in focus sessions but also patterns of distraction, peak productivity hours, and the effectiveness of different focus techniques. This data can be invaluable for self-awareness and continuous improvement of work habits. By understanding personal tendencies and the impact of specific interventions, users can make informed adjustments to their approach.

Integration with other productivity tools is another area where advanced features shine. Many focus apps can connect with calendars, task managers, or project management software. This seamless integration ensures that focus sessions are aligned with your actual workload and deadlines. For example, an app might automatically initiate a focus session when a scheduled meeting ends or when a high-priority task is due. This automation reduces the mental overhead of initiating and managing focus periods, allowing users to simply dive into their work. Furthermore, some applications offer customizability beyond simple blocklists, allowing users to tailor the focus experience to specific projects or types of tasks, recognizing that different work requires different environmental settings.

Productivity Analytics and Reporting

To truly optimize focus, understanding one's patterns is essential. Advanced apps for creating a focus environment offer comprehensive productivity analytics and reporting features. These tools go beyond simply tracking time; they delve into metrics such as the duration of uninterrupted focus sessions, the frequency and duration of distractions (if not fully blocked), the types of websites or applications that are most tempting, and the overall effectiveness of different focus strategies employed. By visualizing this data, users can gain profound insights into their personal productivity peaks and troughs, identify common pitfalls, and make data-driven adjustments to their work habits. These reports serve as a powerful diagnostic tool, empowering individuals to refine their approach and achieve sustained improvement in their concentration and output.

Integration with Calendars and Task Managers

Seamless integration with existing productivity workflows can significantly enhance the utility of a focus environment app. Many advanced applications offer direct connections with popular calendar applications (like Google Calendar or Outlook Calendar) and task management tools (such as Todoist, Asana, or Trello). This integration allows for the intelligent automation of focus sessions. For example, a focus session could be automatically triggered when a scheduled meeting concludes, or when a task marked as high priority appears on your to-do list. This eliminates the manual effort of starting and stopping focus modes, ensuring that periods of deep work are consistently aligned with your actual work schedule and immediate responsibilities, thereby fostering a more proactive and efficient approach to task completion.

Customizable Focus Modes and Project-Based Settings

Recognizing that different types of work require different environmental settings, sophisticated focus apps allow for highly customizable focus modes. This feature enables users to create distinct profiles or presets tailored to specific tasks, projects, or even times of day. For instance, a user might have a "Deep Writing" mode that blocks all social media and news sites while allowing access to word processors and research tools. Another mode, "Coding Session," might permit access to development environments and technical documentation sites but block entertainment applications. This granular control ensures that the focus environment is not a rigid, one-size-fits-all solution but a flexible tool that adapts to the diverse demands of modern work and study, maximizing relevance and effectiveness for each individual activity.

Integrating Focus Apps into Your Daily Routine

The true power of an app for creating a focus environment is unlocked when it's not treated as an occasional tool but as an integral part of your daily workflow. The key to successful integration lies in consistency and habit formation. Start by identifying specific times or tasks where focus is paramount. This might be your first hour of the workday, dedicated blocks for writing or coding, or periods for studying complex material. Schedule these focus sessions within your calendar, just as you would a meeting. Many focus apps allow for scheduling, making this a straightforward process that reinforces the commitment to focused work.

It's also beneficial to create pre-set configurations within your focus app for these regular activities. For example, have a "Morning Work" profile that automatically blocks certain distracting websites and perhaps launches a preferred ambient soundscape. This reduces the friction of setting up your focus environment each time, making it easier to slip into productive mode. Gradually extending the use of the app to more situations as you become

comfortable will solidify its place in your routine. Remember that the goal is not to eliminate all distractions forever, but to build a sustainable system that allows for periods of deep, uninterrupted concentration when they are most needed. Celebrate small wins, like completing a focus session without breaking it, to reinforce the positive habit.

The Future of Focus Environment Applications

The evolution of apps for creating a focus environment is a testament to the growing recognition of attention as a critical resource. As technology advances, we can anticipate even more sophisticated and personalized features emerging. Artificial intelligence (AI) is likely to play an increasingly prominent role, enabling apps to learn individual user patterns and proactively suggest optimal focus strategies or automatically adjust settings based on context. Imagine an app that can detect when you are entering a state of distraction and gently guide you back, or one that intelligently schedules focus blocks based on your energy levels throughout the day.

Furthermore, the integration of focus apps with emerging technologies like wearable devices could offer new avenues for managing attention. Smartwatches, for example, could monitor physiological indicators of stress or distraction, prompting the app to intervene or adjust the environment. The line between digital wellness and productivity tools will likely continue to blur, with a greater emphasis on creating a holistic digital experience that supports both focused work and overall mental well-being. The ongoing development in this space promises more intuitive, adaptive, and powerful tools for anyone seeking to master their attention in an increasingly complex world.

The ongoing development in this space promises more intuitive, adaptive, and powerful tools for anyone seeking to master their attention in an increasingly complex world. As our understanding of cognitive science and human behavior deepens, so too will the sophistication of these digital aids. The future holds the potential for focus environment applications to become even more seamlessly integrated into our lives, acting as intelligent partners in our pursuit of productivity and well-being, rather than just passive blockers of digital nuisances.

AI-Powered Personalization and Proactive Assistance

The integration of Artificial Intelligence (AI) is poised to revolutionize the landscape of focus environment applications. Future iterations will likely move beyond static configurations to offer dynamic, personalized assistance. AI algorithms can analyze user behavior, identify individual distraction triggers, and learn optimal times for focused work based on personal energy cycles. This could manifest as proactive suggestions for

focus session durations, automatic adjustments to blocking settings based on the nature of the task at hand, or even gentle nudges to redirect attention when it begins to wander. Such intelligent systems will create a more intuitive and responsive focus experience, adapting to the user's needs in real-time without requiring constant manual input, thereby fostering deeper and more sustained concentration.

Integration with Wearable Technology and Biometric Data

The convergence of focus applications with wearable technology presents an exciting frontier. Imagine smartwatches or other biometric sensors feeding data into your focus app. This could enable the application to detect physiological indicators of stress, fatigue, or distraction, such as heart rate variability or galvanic skin response. When such indicators suggest a lapse in focus or an increase in cognitive load, the app could automatically initiate a brief mindfulness exercise, adjust ambient sound settings, or suggest a short break. This level of biometric integration allows for a hyper-personalized and responsive approach to managing attention, moving beyond self-reported behavior to objective physiological cues, and creating a more holistic approach to digital well-being and productivity.

Enhanced Digital Wellness Features and Holistic Approaches

The future of focus environment applications will likely see a stronger emphasis on holistic digital wellness. Beyond merely blocking distractions to boost productivity, these apps will aim to foster a healthier relationship with technology. This could involve integrated features for digital detox, mindful technology usage tracking, and guided exercises for digital resilience. The goal will be to create a balanced digital life where focused work is achievable without the accompanying anxiety or burnout. By incorporating elements that promote mental well-being alongside productivity tools, these applications will offer a more comprehensive solution for navigating the complexities of our digitally saturated world, empowering users to be both effective and healthy in their technology use.

FAQ

Q: What is the primary benefit of using an app for creating a focus environment?

A: The primary benefit is the significant reduction in digital distractions, which allows for deeper concentration, increased productivity, and higher

quality work or study output.

Q: Can these focus apps block specific applications or only websites?

A: Most comprehensive focus environment apps allow users to block both specific websites and individual applications across their devices.

Q: Are there any free apps for creating a focus environment?

A: Yes, there are several free apps available that offer core distraction-blocking and basic timer functionalities, though paid versions often provide more advanced features like analytics and cross-device syncing.

Q: How do focus apps help with time management?

A: Many focus apps incorporate time management techniques like the Pomodoro Technique, allowing users to schedule timed work intervals with breaks, which helps in structured work and prevents burnout.

Q: Can I use a focus app on both my computer and my phone?

A: Yes, many popular focus apps are cross-platform and offer synchronization features, meaning your settings will apply to both your computer and your smartphone.

Q: What is the role of ambient sound in a focus environment app?

A: Ambient soundscapes, such as white noise, nature sounds, or instrumental music, help to mask external distractions and create a consistent, calming auditory environment conducive to concentration.

Q: How do productivity analytics from a focus app help me?

A: Productivity analytics provide insights into your work patterns, peak focus times, and common distractions, enabling you to understand your habits and make data-driven adjustments to improve your workflow and efficiency.

Q: Is it difficult to set up and use a focus environment app?

A: While initial setup varies, most modern focus apps are designed with user-friendly interfaces. Many offer guided setup processes or pre-set profiles to make configuration straightforward.

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app for creating a focus environment: Distraction-Free Environment Jade Summers, 2024-11-04 □ Reclaim Your Focus in a World Full of Distractions! □ In an era where distractions are just a ping away, Finding Focus: Crafting Your Distraction-Free Environment is your essential guide to mental clarity and peak productivity. This transformative book empowers you to design a workspace that minimizes interruptions, maximizes concentration, and brings out your best. □ Highlights: Identify Your Distractions: Recognize and eliminate what's pulling you away from your

goals. Science-Backed Strategies: Learn techniques grounded in research for heightened focus. Organize for Success: Create a workspace that promotes clarity and reduces stress. Digital Detox Tips: Limit technology to prevent burnout and boost efficiency. Mindfulness Practices: Cultivate habits that enhance mental clarity. With actionable tips and practical steps, this book will guide you to the distraction-free environment you've always wanted. Say goodbye to mental clutter and hello to productivity! □

app for creating a focus environment: Human-Computer Interaction: Human-Centred Design Approaches, Methods, Tools and Environments Masaaki Kurosu, 2013-07-03 The five-volume set LNCS 8004--8008 constitutes the refereed proceedings of the 15th International Conference on Human-Computer Interaction, HCII 2013, held in Las Vegas, NV, USA in July 2013. The total of 1666 papers and 303 posters presented at the HCII 2013 conferences was carefully reviewed and selected from 5210 submissions. These papers address the latest research and development efforts and highlight the human aspects of design and use of computing systems. The papers accepted for presentation thoroughly cover the entire field of human-computer interaction, addressing major advances in knowledge and effective use of computers in a variety of application areas. This volume contains papers in the thematic area of human-computer interaction, addressing the following major topics: HCI and human centred design; evaluation methods and techniques; user interface design and development methods and environments; aesthetics and kansei in HCI.

app for creating a focus environment: *Proactive Days* Zuri Deepwater, AI, 2025-03-04 Proactive Days provides a practical guide to reclaiming control of your daily schedule, emphasizing mindful planning and attention management. It addresses the challenge of constant interruptions and information overload by offering strategies to minimize distractions and cultivate deep focus. The book highlights the importance of aligning daily activities with long-term goals, helping readers avoid the trap of busyness without achievement. Discover how proactively managing your attention can significantly boost productivity and well-being. The book is structured in three parts, beginning with core concepts such as goal setting and time auditing. It then explores techniques like time blocking and mindfulness exercises to optimize focus and productivity. The final section provides a framework for creating personalized proactive schedules, complete with real-world examples and templates. By strategically structuring your day, you can shift from simply doing more to doing what truly matters.

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app for creating a focus environment: Digital Minimalism for Beginners Elena R. Tanaka, 2025-08-06 Feeling overwhelmed by constant notifications, endless scrolling, and digital burnout? If your focus is shattered, your energy drained, and your time consumed by screens, you're not alone—and it's not your fault. In today's hyper-connected world, your attention is under siege. Digital Minimalism for Beginners offers a clear path to reclaiming control, one intentional choice at

a time. Grounded in neuroscience, mindfulness, and minimalist living, this practical guide by digital wellness strategist Elena R. Tanaka empowers you to break free from tech overload, sharpen your focus, and design a simpler, more meaningful digital life. Inside, you'll discover how to: Identify the hidden costs of digital clutter and tech-induced anxiety Understand the dopamine-driven design behind addictive apps Perform a 30-day digital declutter using the Reclaim Your Focus™ method Set boundaries with email, social media, and devices—without guilt Rebuild your attention span and rekindle your creativity through deep work Cultivate real-world connection, rest, and analog joy in a screen-heavy world Whether you're a student, professional, parent, or creative, this book gives you the tools to reclaim your time, protect your mental space, and live more with less screen time. What sets this book apart from other tech detox guides? Beginner-focused: No prior experience with minimalism required Step-by-step framework: Includes scripts, checklists, and reflection prompts Science-based and compassionate: Merges research with real-life practicality Tailored for modern lifestyles: Covers work-from-home, parenting, and digital burnout Take the first step toward digital freedom—your intentional, focused, and peaceful life starts here.

app for creating a focus environment: How to make great nature photographs with your smartphone Jana Mänz, 2023-05-22 The use of the smartphone as a camera is always controversial. Bestselling author Jana Mänz shows with her collection of tips that mobile phone cameras are of course also suitable for landscape and nature photography and writes from her many years of experience how to deal creatively with the weaknesses. The fact that the smartphone as a camera divides the photography world is already old hat. For some, the always-on camera is the means for creative photography par excellence, for others the achievable quality alone is out of the question. I have chosen the creative side and show how you can use your smartphone for nature and landscape photography. In doing so, I address the following questions: How do you set up the camera optimally? What makes a good nature photo? How can you deal with image noise? Can you expose correctly? What is the macro mode good for? Candy-coloured photos are out. Why HDR is important! Why do grid lines make sense for composition? How can you create your own image look? Are bokeh and aperture stars possible? Which apps and accessories are really necessary? How do you find motifs in nature? The question is, how can you deal creatively with the weaknesses of the smartphone camera? Despite the limitations, taking photos with a mobile phone is a lot of fun. It is almost always at hand and easy and handy to use. The individual chapters do not build on each other, so you can read the contents crosswise at any time. With the help of many nature pictures, I give you numerous practical tips and tricks. The book is written for passionate amateur photographers with previous knowledge who have so far shied away from taking nature and landscape pictures with their smartphone.

app for creating a focus environment: *UX Design for Enterprise Apps* Saumen Das, Ashish Nangla, Diana Kearns-Manolatos, Kapil Wadhawan, For years, User Experience (UX) has not been a primary focus area for businesses and organizations. Established brands have garnered significant success on the power of their brand name and the credibility that came with it. The “you buy what I make” thought has dominated the “I will make what you want” approach which has led to UX designers battling between designing strategies for end-user or for the business heads. The digital revolution vows to change this approach as enhanced customer experience is directly proportional to profits and growth. Organizations that are not adaptable to this change will lose ground, resulting in poorer performance and business loss. Enhanced customer experiences is an extension of how well you understand your customers and their needs. It often boils down to simplicity and ease of interactions across conventional as well as digital channels. A well-defined UX strategy will result in overall cost reduction, speed to market, sales productivity, and a larger pool of loyal customers. This book highlights the importance of UX in today's day and age while establishing the business benefits of this approach for the new-age enterprise. It takes you through key process elements that span multiple disciplines, including user research, market research, information architecture, content strategy, wireframes & prototyping, interaction design, maturity models & checklist, visual design and usability testing. It also compares the traditional and modern approach with trending innovative

models that combine the latest technology, design thinking and user experience.

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