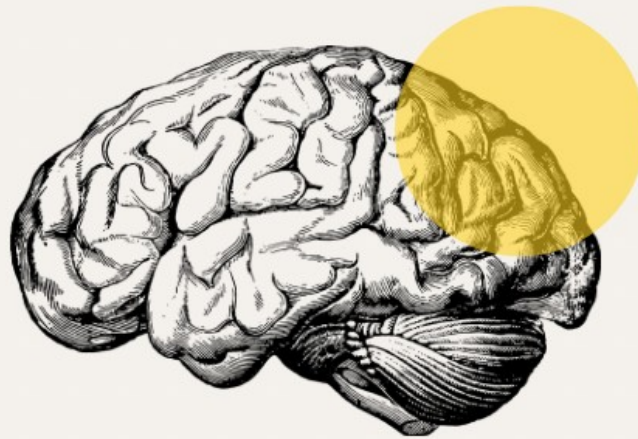


Reclaim Your Time & Money!



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**How to Take Control of Your Life
in the Age of Digital Distraction**

Algily Fadi

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How to Take Control of Your Life in the Age of Digital Distraction

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Introduction

In the name of God, the Most Gracious, the Most Merciful,

In a world where everything moves faster, our most valuable resources — time and money — are being consumed and slipping away without us noticing. We find ourselves in a daily cycle of digital distraction and unplanned spending, wondering at the end of every month or year: where did the hours of our days go? And where did the fruits of our financial effort go?

This book was not written to be a set of academic theories, read once and left on a shelf. It was created to be a practical guide and a clear method to help you regain control of your life. Controlling your time and your money is not merely two separate skills — together they form one complete system that makes the difference between someone who lives on the margins and someone who builds a real, lasting impact and a solid future.

Dear reader, real change requires awareness, effort, and persistence. Seeking knowledge is only the first step; the greater challenge lies in applying what you learn and staying determined to reach your goal. This book invites you not to be a passive recipient, but an active reader — one who questions, examines, and reflects on every step you take.

And always remember that the path to success and achievement requires effort and hardship, as the poet said:

You must endure hardship and taste its bitterness... if you truly aspire to the heights.

Section One: The Problem

Chapter One: How Technology Steals Your Time Without You Noticing

Open your phone right now and look at your "screen time" report. Don't be alarmed by the number — most people feel a small shock the first time they see it. Four hours, five, sometimes more than six hours a day spent scrolling between apps, without any conscious decision to spend that time, and without feeling that we've "done" anything worth mentioning. This chapter explains exactly why this happens, and how what feels like a weakness of willpower is not the real cause — it is the result of design crafted with extraordinary care.

Time Isn't Stolen All at Once — It's Stolen in Installments

No one suddenly decides to spend two hours on a single app. The decision is always small: "just one minute," "let me check a message," "let me see the latest news." The problem is that these small decisions repeat dozens of times a day, and each one seems completely innocent — yet together they consume the equivalent of a part-time job's worth of your weekly time. If you added up the time you spend on screens over a full year, you would find it equals two entire months of continuous waking time, lost among apps you often don't even remember what you saw in them.

The Design Is Not Innocent

The companies that build these apps don't operate by accident. They employ entire teams of behavioral psychologists and designers dedicated to a single question: how do we get the user to come back more often, stay longer, and tap more? One of the most important tools they use is the "variable reward" mechanism — the same principle that slot machines are built on. When you don't know when the next reward will come (an exciting post, a new like, a surprising piece of news), your brain stays in a constant state of anticipation, making it hard to stop checking.

Dopamine is the key player here. Many people think dopamine is the "pleasure" hormone, but the scientific reality is more precise: dopamine is the hormone of anticipation and reward-seeking, not the reward itself. This explains why scrolling

continues even after the content stops actually entertaining us; we are not really searching for pleasure so much as searching for the feeling of anticipation that scrolling itself provides.

Infinite Scroll: No Natural Stopping Point

Before the era of infinite scroll, entertainment media had natural "stopping points": the end of the page, the end of the episode, the end of the newspaper. These points gave the brain a natural opportunity to ask, "Should I continue or stop?" Infinite scroll deliberately removed these points — there is no "end" you ever reach. The decision to stop now requires extra conscious effort that wasn't needed before, and this alone explains a large part of the scrolling time we can't remember the reason for.

The Real Cost: Not Just the Time, but What Could Have Happened Instead

When we talk about the cost of lost time, we don't mean the hours alone, but the "opportunity cost": what could you have learned, built, earned, or rested during that time if it hadn't been consumed by random scrolling? One hour a day adds up to more than 365 hours a year — nearly 15 full days of waking time. That is enough time to learn a new language to an advanced-beginner level, build a skill that generates extra income, or finish a personal project that has been postponed for years.

The paradox is that most of us don't feel this cost in the moment. Time is consumed quietly, without obvious pain, and this is exactly what makes it more dangerous than any direct financial loss; when money is lost we feel it immediately, but time slips away without sounding any alarm.

Chapter Summary

Excessive scrolling is not a personal weakness of will — it is the logical result of an ordinary person facing tools specifically designed to exploit the brain's natural mechanisms. Recognizing this truth is the first step toward regaining control, because you cannot resist a system you don't understand. In the next chapter, we move from diagnosis to another issue that is no less serious: how money slips away from us with the same quiet ease as time, and the hidden relationship between the two.

Quick Exercise

Before moving to the next chapter, open your phone's settings now and record your "average daily screen time" for the past week. Write it somewhere you will see every day. We won't ask you to change anything yet — just conscious observation, which is often the first real step toward change.