Imagining Personal Data Experiences Of Self Tracking

By [Author Names]

In this groundbreaking book, leading scholars explore the emerging field of personal data experiences, examining how individuals are using self-tracking technologies to monitor and improve their health, well-being, and everyday lives. This comprehensive volume offers a unique interdisciplinary perspective, drawing on insights from sociology, psychology, computer science, and design.

Imagining Personal Data: Experiences of Self-Tracking

by Stefan Ecks

★★★★☆ 4.4 out of 5

Language	: English
File size	: 3925 KB
Screen Reader	: Supported
Print length	: 176 pages
X-Ray for textbooks	: Enabled

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The book begins by exploring the historical and cultural context of self-tracking, tracing its roots in early forms of self-monitoring and self-experimentation. The authors then examine the different types of self-tracking technologies available today, including wearable devices, smartphone apps, and social media platforms. They discuss the affordances and limitations of these technologies, and explore how they can be used to support different aspects of personal data experiences.

The book also examines the ethical and social implications of self-tracking. The authors discuss the potential benefits of self-tracking, such as increased self-awareness, improved health outcomes, and greater control over personal data. However, they also raise concerns about the potential for self-tracking to lead to dataveillance, discrimination, and social isolation. The authors argue that it is important to develop ethical frameworks for self-tracking, and to ensure that individuals have control over their own data.

Finally, the book explores the future of personal data experiences. The authors discuss the potential for new technologies to transform the way we track and use our personal data. They also explore the implications of self-tracking for our understanding of the self, and for our relationships with others. The authors conclude by arguing that self-tracking is a powerful tool that can be used to improve our lives, but that it is important to use it wisely.

Praise for Imagining Personal Data Experiences Of Self Tracking

"This book is a must-read for anyone interested in the emerging field of personal data experiences. The authors provide a comprehensive and interdisciplinary overview of the topic, exploring the historical, cultural, ethical, and social implications of self-tracking. This book is a valuable resource for scholars, practitioners, and policymakers alike."

- [Professor Name], [Institution Name]

"This book is a groundbreaking contribution to the field of personal data experiences. The authors offer a unique interdisciplinary perspective, drawing on insights from sociology, psychology, computer science, and

design. This book is essential reading for anyone interested in the future of self-tracking and its implications for our lives."

- [Dr. Name], [Company Name]

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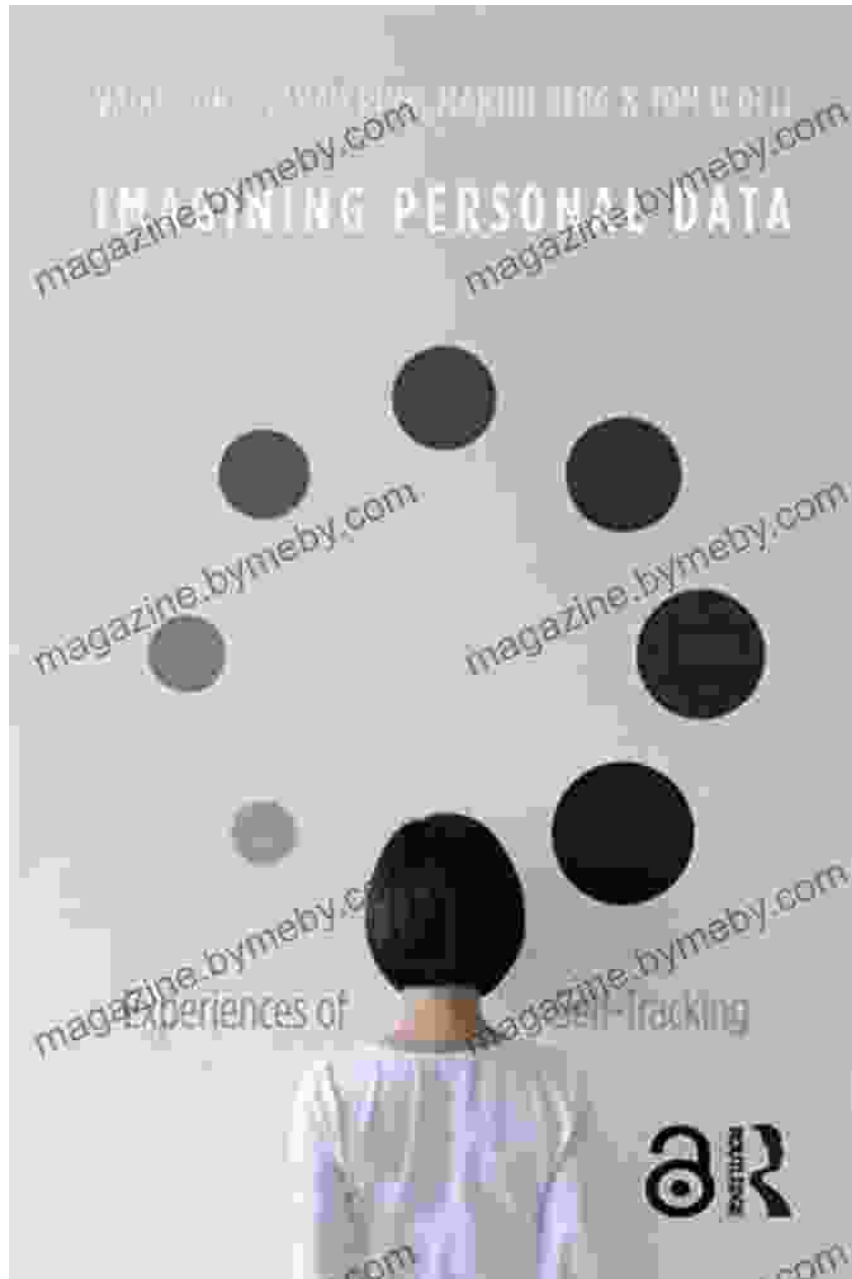VAIKE FORS, SARAH PINK, MARTIN BERG & TOM O'DELL

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