

IN YOUR HANDS

Digital World.
Time and Intention
Back in Your Grasp



Cortex Evolution

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Program Guide – Executive Summary

What This Program Is

In Your Hands is a **10-week, live, small-cohort, guided training** designed to help you reduce digital exploitation and regain agency over your time, attention, emotions, and behavior. Our core stance is that digital media (entertainment, messaging, socials, news, etc.) is helpful to the extent that it is **used deliberately as a tool**, and harmful to the extent it controls behavior and makes us the tool. Preferences and work needs vary, so **we will never tell you what choices to make, only how to anchor them securely**.

The program trains practical cognitive, emotional, and environmental skills that reduce unwanted influence and habits and make intentional digital use the default. Change is driven by hands-on practice and experimentation, without therapy or life coaching. **By investing just ~1 hr/wk, you get far more back than you put in.**

Who This Program Is For

People who:

- Sense that digital media is shaping their life in unwanted ways
- Want practical tools rather than motivational language
- Are willing to experiment, reflect, and tolerate some discomfort
- Value long-term agency over quick fixes. **You choose your goals. No cut-backs required.**

This program is a good fit for anyone who is tired of feeling controlled and brought down by digital influences. It is not a fit for those seeking passive content or rigid steps.

Why This Matters Now

Digital media is not neutral. Modern platforms are deliberately designed to capture attention, steer emotion, and shape behavior in ways subtle enough to feel normal. **The costs compound every day as your time, energy, attention, productivity, mental strength, and relationships are eroded.**

What Makes This Program Different

- Most solutions fail because they treat this as a self-control problem. We recognize that digital struggles are normal, predictable brain responses to deliberate, profit-driven tech design. Your patterns aren't your fault, but changing them is your responsibility.
- Works with the brain, not against it. Willpower, discipline, shallow detoxes, and rigid rules collapse once stress or friction returns – if those worked, you wouldn't be here. Instead, we build skills, systems, and environments to make better behavior the default.

- Skill-based, not advice-based. Practice concrete abilities in real life rather than collecting tips.
- De-exploitation before optimization. The program removes harmful influence first, then rebuilds capacity on a calmer foundation.
- Live, guided training by a neuroscientist, college professor, and brain coach with extensive background in mental manipulation, addiction research, and practical behavior change.

Outcomes You Can Expect as Your Brain Rewires

- You stop losing massive amounts of time to compulsive, automatic device use. **This program requires about 1 hour per week, but how much wasted time could it regain you? If you're like most people, it can save you more than an hour per day.**
- Notifications, messages, and constant distractions stop breaking your focus and productivity throughout the day.
- Anxiety and emotional reactivity drop as screens stop being your default coping mechanism.
- Your mind feels sharper and clearer again, with a longer attention span, better memory, more consistent motivation, and improved sleep.
- You are more present with others and feel less guilt and tension around how you show up.
- The changes hold up under stress instead of collapsing the moment life gets busy.

Program Structure & Commitment

- **10-week live cohort with ~10 other people (session time TBD based on participant availability)**
- **Core time commitment:** Weekly 1-hr. guided session combining regulation, skill framing, demos, guided practice, real-life application, troubleshooting, and integration
- Stable small pods for accountability and application in session
- Asynchronous WhatsApp chat available with cohort and Dr. Dan for personal support
- **Live attendance and participation is essential.** Sessions are not recorded. It's not about performance, it's about openness and courage to face the discomfort of growth.

What Participants Actually Do

- Test one action step or habit at a time, observe what actually happens, then iterate.
- Practice brief, in-the-moment regulation instead of reaching for screens.
- Change physical and digital environments to remove automatic pulls and interruptions.
- Decide intentionally how and when to use technology, rather than reacting by default.
- Slip, recover, and adjust without shame or starting over.

Summary

In Your Hands is a challenging human program for people who want to actively reclaim how they think, feel, and act in a digital world. If you are looking for something you can practice, not just consume, this program may be a good fit.