

## **Abstract**

### **Together together**

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"Alone together" is a term coined by a psychologist who has been following the effect of mobile technologies on individuals. We often witnessed this phenomenon in our day to day life - when family members are physically together but each person in a world of their own on his/her mobile device. Can we resist what technology is doing to us and reclaim the right use of technology? Smart and mindful use of technology will enable families to rethink how they want their lives to be organised by tapping the positive benefits of it. This will be very challenging for families in Asia to get it right.