



FOR IMMEDIATE RELEASE

LEGENDARY LIFE ANNOUNCES THE

LEGENDARY LIFE NO PHONE CHALLENGE

In response to multiple studies that have shown a correlation between our ever-evolving dependency on digital technology and a gradual but nonetheless concerning deterioration of general mental well-being, Legendary Life proudly announces **The Legendary Life No Phone Challenge**. Backed by scientific research, the **#LLNoPhoneChallenge** helps participants become aware of any addiction they may have to their devices, followed by providing alternative options that if repeated consistently for the full challenge (66 days) have been shown to improve general outlook, mindset, and the ability to cope and even thrive under the typical trials and tribulations of everyday life.

The Legendary Life No Phone Challenge is suitable for all ages, genders, sexual orientations, and belief systems. It encourages a feeling of community and is completely free to take part. All technology and science-backed methodologies are provided by Legendary Life and available via the link/QR code below.

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LEGENDARY Life™

LIVE YOUR LEGEND

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www.legendarylifecom/nophonechallenge