



# Computerised You: How Wearable Technology Will Turn Us into Computers

*Shane Richmond*

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**Computerised You: How Wearable Technology Will Turn Us into Computers** Shane Richmond

From the fitness-tracking Nike Fuelband to the head-mounted computer Google Glass, wearable technology is turning our bodies into the new frontier of computing. In *Computerised You*, Shane Richmond considers how wearable technology could help us to lead healthier lives and make us more efficient, examines the threat to our privacy and the danger of addiction, and looks to a future of computer-augmented clothing and brain implants that challenge our notions of what it means to be human.

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