

Article: [Tired of AI, people are committing to the analog lifestyle in 2026](#)

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AI SUMMARY:

In 2026, a growing backlash against the overwhelming presence of AI in daily life has led many individuals to embrace 'analog lifestyles', focusing on tangible activities and hobbies. This shift reflects a desire for mindfulness and a reconnection with hands-on tasks, contrasting with the pervasive digital engagement of recent years.

KEY POINTS:

Emergence of Analog Lifestyles

- As AI-powered devices dominate daily tasks, a cultural shift towards analog hobbies is occurring.
- This movement is not a temporary digital detox; it's a lifestyle change aimed at slowing down and finding joy in tangible activities.

Popularity of Offline Hobbies

- Michael's reported a 136% increase in searches for 'analog hobbies' and an 86% increase in guided craft kit sales in 2025.
- Yarn kits saw a remarkable 1,200% increase in popularity, prompting retailers to allocate more space for knitting materials due to heightened interest, especially post-Covid-19.

Personal Experiences

- The article shares a first-hand account of living offline for 48 hours, highlighting the difficulty of disconnecting from multiple tech devices.
- Interviews with individuals like Shaughnessy Barker reveal a conscious rejection of AI, preferring analog activities such as crafting, listening to vinyl records, and engaging in personal correspondence.

Effects of Technology

- Frustration with repetitive AI-generated content has contributed to this analog trend; users are seeking original, fulfilling experiences beyond screens.
- Avriel Epps emphasizes that embracing analog doesn't mean rejecting technology entirely, but limiting its role in personal life, preferring physical experiences over digital outputs.

Community Engagement

- Attendance at analog community events, such as knitting circles in Brooklyn, illustrates the social aspect of these offline activities, where participants share tips and decompress together.
- A cultural pivot is underway as more individuals are opting for sensory-rich routines, participating in activities like calligraphy and woodworking, reflecting the growing desire to escape digital saturation.