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Hooked Overcoming Social Media Addiction Bernard

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Hooked Overcoming Social Media Addiction

Best-selling author and researcher David Gillespie, who's new book is called Brain Reset, discusses how our modern society is wreaking havoc with our dopamine levels.

Yes, science says you literally are addicted to social media

A young politician who battled mental health struggles is promoting healthy, positive screen usage by sharing her experiences through a new digital resource.

Young politician beat social media addiction to help keep kids safe online

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There is a new minority online: those who don ' t have any — or very limited — traction with social media platforms. What does it mean ...

Meet the social media hermits

I ' m desperately in need of your advice. I ' ve been married to my husband for 16 years; we ' ve been together 20 years. We ' d always had a decent sex life ...

Dear Annie: Online habit has become an addiction

We all know that alcohol addiction is a huge obstacle in society. It ' s a condition that affects people of every age, gender and background. One thing you may not have considered, though, is how ...

Can alcohol addiction be passed onto

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I ' d rather have gone out on a champagne bender or bet the house on a poker game than let myself be undone by an addiction to social media.

My Twitter Rehab

Unfortunately, many people who otherwise would have little use for the medium have become hooked ...

“ addiction ” refers as much to one ' s ability to properly manage the usage of social media ...

Communications boon has turned into addiction bane

People don ' t find the mystery as mysterious because they feel they have that access. ” Certainly, autograph hunting today is a different game. Teenage collectors

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are rare, with buyers focused on ...

‘ Autograph hunting was my
addiction ’

Jada Pinkett Smith has been
showered with compliments after she
revealed to fans that she had shaved
off her hair after encouragement
from her daughter, Willow Smith ...

Jada Pinkett Smith unveils striking
transformation as she shaves her hair
off

NFL reporter Ryan Burr caused a stir
Tuesday when he said Ben
Roethlisberger is on a diet stricter
than Tom Brady ’ s. But the truth is,
concerns about Roethlisberger ’ s
fitness have always been ...

Concerns about Ben Roethlisberger's
fitness have always been overblown

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Addiction Overcome
Annie Lane offers advice to a reader who has lost her self-confidence since learning her husband has been watching porn online ...

Dear Annie: My husband ' s online porn habit has ruined our sex life. Hopefully, he ' ll be open to seeking help overcoming this addiction, through counseling ... from either her bank or the site. No social media site is safe from scammers.

When habit becomes addiction
Sober App ' s Lineup of Exclusive Interviews Includes Celebrities, Athletes, Musicians, Authors, Entrepreneurs, Addiction Experts, and Others Sharing Stories of Addiction & Recovery
NEW YORK, NY / ...

Loosid App Introduces ' Recovery

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Voices ' to Help Others Understand
Addiction and the Power of Recovery
The new documentary ' Road
Runner ' explores the life of celebrity
chef and globe-trotting icon Anthony
Bourdain, including his relationship
with actress Asia Argento and the
possible ...

Anthony Bourdain ' s ' addiction ' to
Asia Argento overtook last year of
his life, new documentary shows
The following are simple ways to
overcome writer ' s ... and take your
laptop to a silent area. Social media is
a terrible distraction and an
underrated addiction, especially for
writers.

How to overcome writer ' s block?
"I've done all of the above and as silly
as it sounds, stuff like Pokémon Go

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helped me massively in getting out of that crippling addiction ... contacting me on social media and asking how ...

Andros Townsend exclusive interview: Overcoming a gambling addiction and helping others do the same

These letters examine what the world could look like then — and how we can make the best scenario happen. If you still have such a thing as a doctor ' s office, it might look something like the one I ...

What universal healthcare should look like

It took a year of counselling and a lot of determination for Chris to beat his gambling habit a decade ago. The Hongkonger had to sell his flat to clear a mountain of debt, and almost

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Hooked!" ...so at the end of the day what do we really do with the number of 'likes, tweets, shares and comments'...this book seeks to address the need to overcome our negative addiction to these tools and medium which are destroying our lives and homes. And how to turn this addiction around to become more productive while enjoying our lives...

DI/The New Addiction/divDI/What you start out controlling can end up controlling you./divDI /divDI/From Twitter to iPhones, from Facebook to tablets, we have an endless supply of media and gadgets to hook our interest, snag our wallets, and occupy our time. Think back over the last five

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years. How much of your time was devoted to online activities? How much of your real life has been gobbled up or googled up in your net life? In Hooked, counselor and addiction specialist Dr. Gregory Jantz speaks enthusiastically and frankly about the gizmos and gadgets, social media magnets, and Internet sidetracks we have at our fingertips. With real-life examples and biblical applications, he presents a celebration of the positives technology offers and a cautionary tale about the negatives it unleashes, including:

- The power and dangers of the web
- The myth of multitasking
- Overcoming disconnection anxiety
- The psychology behind Internet addiction
- Employing the

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Ultimate filter and taking back control
of your life/divDIV /div

Prologue: Never get high on your own supply --Part 1: What is behavioral addiction and where did it come from?.The rise of behavioral addiction --The addict in all of us --The biology of behavioral addiction --Part 2: The ingredients of behavioral addiction (or, how to engineer an addictive experience).Goals --Feedback --Progress --Escalation --Cliffhangers --Social Interaction --Part 3: The future of behavior addiction (and some solutions).Nipping addictions at birth --Habits and architecture --Gamification --Epilogue.

"As is true with many addictions, overuse of video games steals our

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valuable and limited time and minds."

- Christie Morse, MD (Pediatric Ophthalmologist) "Shocking insights into the minds of hardcore gamers." -

Daniel Hunt (Former Competitive Gamer) About the Book The multi-billion dollar video game industry is in the business of creating fun and enticing games that can be addictive.

As addicted gamers feast on digital indulgences, real life is neglected and their reality crumbles around them.

Headlines related to video games

"New Mexico mom gets 25 years for starving daughter." - Fox News "China used prisoners in lucrative Internet gaming work." - Guardian News

"Online gamer killed for selling virtual weapon." - Sydney Morning Herald

"South Korean dies after games sessions." - BBC News

Hooked on Games is written by Brooke Strickland

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and Andrew Doan, MD, PhD, a physician with a research background in neuroscience, who battled his own addictions with video games. Dr. Doan was an addicted gamer, who at his peak, invested over 20,000 hours of playing games over a period of nine years. Dr. Doan's reckless compulsion to play games transformed him into a monster that almost destroyed his family, marriage, and career. He shares his expertise to educate others on the dangers of video game addiction and to provide hope for video game addicts and their families. Dr. Doan shares steps for gaming addicts to achieve recovery and steps for families and loved ones to intervene. Without attention to this quickest growing addiction, our society will suffer from the creation of Generation

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Idiot, millions of people devoid of innovation and skills to live in the physical world.

A leading neuroscientist and pioneer in the study of mindfulness explains why addictions are so tenacious and how we can learn to conquer them. We are all vulnerable to addiction. Whether it ' s a compulsion to constantly check social media, binge eating, smoking, excessive drinking, or any other behaviors, we may find ourselves uncontrollably repeating. Why are bad habits so hard to overcome? Is there a key to conquering the cravings we know are unhealthy for us? This book provides groundbreaking answers to the most important questions about addiction. Dr. Judson Brewer, a psychiatrist and neuroscientist who has studied the

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science of addictions for twenty years, reveals how we can tap into the very processes that encourage addictive behaviors in order to step out of them. He describes the mechanisms of habit and addiction formation, then explains how the practice of mindfulness can interrupt these habits. Weaving together patient stories, his own experience with mindfulness practice, and current scientific findings from his own lab and others, Dr. Brewer offers a path for moving beyond our cravings, reducing stress, and ultimately living a fuller life.

Revised and Updated, Featuring a New Case Study How do successful companies create products people can ' t put down? Why do some products capture widespread

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Attention while others flop? What makes us engage with certain products out of sheer habit? Is there a pattern underlying how technologies hook us? Nir Eyal answers these questions (and many more) by explaining the Hook Model—a four-step process embedded into the products of many successful companies to subtly encourage customer behavior. Through consecutive “hook cycles,” these products reach their ultimate goal of bringing users back again and again without depending on costly advertising or aggressive messaging. Hooked is based on Eyal’s years of research, consulting, and practical experience. He wrote the book he wished had been available to him as a start-up founder—not abstract theory, but a how-to guide for

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Building better products! Hooked is written for product managers, designers, marketers, start-up founders, and anyone who seeks to understand how products influence our behavior. Eyal provides readers with:

- Practical insights to create user habits that stick.
- Actionable steps for building products people love.
- Fascinating examples from the iPhone to Twitter, Pinterest to the Bible App, and many other habit-forming products.

'Fascinating' Malcolm Gladwell 'Your sanity will thank you for reading it'
Oliver Burkeman Our world is filled with addictive experiences, from social media and messaging to rolling news and video streaming. They affect our ability to relax, develop relationships and achieve meaningful

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goals. Psychologist Adam Alter explains why we can't stop scrolling, clicking and watching. And offers practical advice for using technology differently - and leading a happier life. 'Brilliant. Irresistible offers...much-needed solutions' Susan Cain, author of Quiet 'Essential reading... Regain control of your time, finances and relationships' Charles Duhigg, author of The Power of Habit 'With great clarity...Irresistible digs down into exactly how technology has us hooked' The Times

Internet addiction is a very real threat. Do you find yourself struggling to break free from TV or social media? Do you wish you didn't waste so much time online? Does your family suffer because of time that you are "away" from them, even if you are in

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the same room? Do you need help to break free? "Digital Addiction: Breaking Free from the Shackles of the Internet, TV and Social Media" will educate you, inspire you and release you from this bondage. Millions of people are caught in the web of digital addiction, whether it is a phone, tablet, TV, gaming device or social media. It is changing everything about people's social interaction and it has largely been ignored. In this very powerful read, Lora Ziebro unpacks how digital distractions have robbed all of us of precious time. She shows how much time we have sacrificed and what we can do to regain it for ourselves and for those we love. She wrote this book after going to dinner one night and noticing that almost everyone around her was on their cell phones. She saw

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that no one seemed to be having real interaction with each other and she realized that this same problem was present, at times, in her own life. She understood the need for a book that didn't just inform, but also helped families get stronger. That was the birth of "Digital Addiction: Breaking Free from the Shackles of the Internet, TV and Social Media". This book will change the way you think about the Internet and digital addiction...it will call you to a place of freedom where you can experience true, deep and lasting relationships with those who matter the most.

"Indistractable provides a framework that will deliver the focus you need to get results." —James Clear, author of Atomic Habits "If you value your time, your focus, or your relationships, this

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book is essential reading. I'm putting these ideas into practice." —Jonathan Haidt, author of *The Righteous Mind* National Bestseller Winner of the Outstanding Works of Literature (OWL) Award Included in the Top 5 Best Personal Development Books of the Year by Audible Included in the Top 20 Best Business and Leadership Books of the Year by Amazon Featured in The Amazon Book Review Newsletter, January 2020 Goodreads Best Science & Technology of 2019 Finalist You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. Later, as you're about to get back to work, a colleague taps you on the shoulder to chat. At home, screens get in the way of quality time with your family. Another day goes by, and once again, your most

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Important personal and professional goals are put on hold. What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused? What if you had the power to become "indistractable?" International bestselling author, former Stanford lecturer, and behavioral design expert, Nir Eyal, wrote Silicon Valley's handbook for making technology habit-forming. Five years after publishing *Hooked*, Eyal reveals distraction's Achilles' heel in his groundbreaking new book. In *Indistractable*, Eyal reveals the hidden psychology driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices: Abstinence is impractical and often makes us want more. Eyal lays bare the secret of

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finally doing what you say you will do with a four-step, research-backed model. Indistractable reveals the key to getting the best out of technology, without letting it get the best of us. Inside, Eyal overturns conventional wisdom and reveals:

- Why distraction at work is a symptom of a dysfunctional company culture—and how to fix it
- What really drives human behavior and why "time management is pain management"
- Why your relationships (and your sex life) depend on you becoming indistractable
- How to raise indistractable children in an increasingly distracting world

Empowering and optimistic, Indistractable provides practical, novel techniques to control your time and attention—helping you live the life you really want.

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Are you being digitally manipulated? Regain control of your life! Did you know that tech giants like Apple, Google and Facebook use “ brain hacks ” to get you and your children hooked on their products? And that these techniques “ rewire ” your brain to create compulsive subconscious habits that play havoc with your focus and ability to make rational decisions? Offline takes you on a fascinating and eye-opening journey into the tsunami of behavioral change created by tech giants based on the use of neuroplasticity, social engineering and digitally driven subconscious manipulation. Dr. Imran Rashid and Soren Kenner explain the biological and psychological mechanisms used to capture and resell your attention to

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others, and reveal the early warning signs of an unhealthy (and even potentially life-threatening) digital lifestyle. Dive in and learn more about: “ Addictive design ” that tampers with your brain and your ability to focus. “ Echo-chamber effects, ” cognitive bias and FOMO (fear of missing out). How Social media grouping mechanisms changes your perception of reality. How depleting your self-control leads to poor decisions in your professional and personal life. How to resist “ digital pollution ” as an individual and as a family. Technology is a powerful tool, but you need to learn how to use it right. Too much digital pollution in your life can lead to stress, sleep disturbance, attention deficits and reduced concentration. Offline shows you how to master

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“FLOW” — a new science-based life-structuring-method that helps you take charge and benefit from technology while avoiding the pitfalls of living in a digital age. Learn to use your smartphone and enjoy social media while staying focused, relaxed and happy. You don ’ t have to disown all technology, but technology doesn ’ t need to own you. Learn how you and your children can use smartphones and tablets without falling prey to digital pollution.

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