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Digital Addiction Breaking Free From The Shackles Of The Internet Tv And Social Media

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GTL offers the "Breaking Free from Substance Abuse" digital program via secure GTL Inspire tablets, allowing inmates to achieve and maintain recovery from dependence on over 70 different substances, including opioids, stimulants, prescribed medications, and alcohol.

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Buy Breaking Free: Understanding Sexual Addiction the Healing Power of Jesus by Willingham, Russell (ISBN: 9780830817917) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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 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 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.

This annual report is a call to action to recognize the things that are having an impact on the internet today, and to embrace the notion that we as humans can change how we make money, govern societies, and interact with one another online. We invite you to participate in setting an agenda for how we can work together to create an internet that truly puts people first. This book is neither a country-level index nor a doomsday clock. Our intention is to show that while the worldwide consequences of getting things wrong with the internet could be huge - for peace and security, for political and individual freedoms, for human equality - the problems are never so great that nothing can be done. More people than you imagine are working to make the internet healthier by applying their skills, creativity, and personal

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bravery to business, technology, activism, policy and regulation, education, and community development.

Dr. Kimberly Young and Sister Patrice Klausing have written the ultimate guide for Catholics who seek to break an addiction to the Internet. With their combined clinical and spiritual expertise, the authors present methods of healing that are both therapeutically sound and rooted in faith. *Breaking Free of the Web: Catholics and Internet Addiction* includes the basic facts, information, how-to-measures and real-life scenarios about real people struggling to kick their Internet addiction, in addition to spiritual exercises and prayers that will guide Internet addicts through the difficult journey to health.

Russell Willingham points to the transforming power of Christ as the source of healing, restoration and accountability for those struggling with sexual addictions.

Do you pull out your phone at every idle moment? Do hours slip away as you mindlessly scroll? Has your smartphone added a level of detachment between you and the outside world? Sadly technology which should be a wonderful boon to us has started to blight our lives. The average adult spends nearly ten hours a day looking at digital screens, leading to unprecedented levels of stress, isolation, procrastination and inertia. The fact is that digital dependence is an addiction and should be treated as such. Allen Carr's *Easyway* is a breath of fresh air when it comes to addiction treatment. Tried and tested as an incredibly successful stop-smoking method, its principles have since been applied to other addictions such as alcohol, gambling and caffeine with outstanding results. Here, for the first time, the *Easyway* method has been used to overcome digital addiction, and it really works! *Smart Phone Dumb Phone* rewires our relationship to technology. By unravelling the brainwashing process behind our addictive behaviour, we are freed from dependence and can reassert control over our time and productivity. Including 20 practical steps to help you along your way, this wonderful guide will release you from the clutches of your smartphone and allow you to live in the moment. It truly is the *easyway*.

Video games are great. They take us to virtual worlds and can help us create virtual and real-life bonds with others who enjoy the same games. This use of video games is life-enhancing. However, when things get out of balance and video games become our life and reality it's time to get help because we are nursing an addiction. If you are ready to break free, "*Addicted*" is that first step to help you get your life back.

□ *Irresistible* is a fascinating and much needed exploration of one of the most troubling phenomena of modern times. □ Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers* □ One of the most mesmerizing and important books □ I've read in quite some time. *Alter* brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity. □ Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries

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between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children. Adam Alter's previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

Do you find yourself missing out on those "in the moment" moments? Do you find yourself continually making sure you are "photo-ready?" Do you find days seem to zoom by with nothing to show for? Are you affected by what people post, like, or comment on when it comes to your social media presence? Is clout something that matters to you? Chances are if you have said yes to any of the following, you may be spending more than the average amount of time online and on social media. There is a fine line between a healthy dose and an overdose. In this book, I share with you the research that looks at the emotional, psychological, and physical impact social media anxiety and addiction have, as well as how to take a step back from being connected. Remember, we have one life to live, and if we continue to live through our smart devices, it does not matter how many photos, videos, or tags we get, because we won't have lived it. We will have let life pass us by, and we would have allowed those precious moments to be a memory. Who is this book for? □ Someone eager to learn about what it means to be addicted to social media. □ Someone who wants to step back and regain control over their devices. □ Someone who wants to detox their brain! □ Someone who feels anxious about being separated from their social media accounts. It may seem bizarre to think an inanimate object could control us, but look around you, and how many people do you see glued to their phone? Stop and smell the roses with my book; I am sure you will find a moment of peace, clarity, and freedom from your smart device. If you are ready to take control, turn the page and start your journey!

An Emmy Award-nominated online anchor for ABC News Now and former CNN technology correspondent outlines a 28-day plan for reducing unhealthy overuse of technology while enabling more moderate levels of use that can promote self-control and optimal benefits. Original.

"I don't even help [my children] with their homework in the evening because I'm in the chat rooms, and I don't help put them to bed because I don't realize how late it is. I also don't help them get ready for school in the morning like I used to do because I'm checking my e-mail. And I just can't stop myself."-Raymond, an Internet addict. Internet addiction is real. Like alcoholism, drug addiction, or compulsive gambling, it has devastating effects on the lives of addicts and their families: divorce, job loss, falling productivity at work, failure in school, and, in extreme cases, criminal behavior. The problem has already reached epidemic proportions in the United States, and the number of "netaholics" continues to grow rapidly as more households and businesses go on-line. Yet, until now, no one from the mental health community has come forward with a specific description of Internet addiction and its effects or a strategy for treatment and recovery. In *Caught in the Net*, Kimberly Young shares the results of her three-year study of Internet abuse. Often using the words of the Internet addicts themselves, she presents the stories of dozens of lives that were shattered by an overwhelming compulsion to surf the Net, play MUD games, or chat with distant and invisible neighbors in the timeless limbo of cyberspace. Why is the Internet so seductive? What are the warning signs of Internet addiction? Is recovery possible? Dr. Young answers these questions and many more. She provides a questionnaire to help Net users determine whether they are addicts, and offers concrete steps to help problem users regulate Internet usage and devise a more balanced place for it in their daily lives. For Internet addicts as well as their parents, spouses, friends, and employers, *Caught in the Net* offers guidance on where and how to seek help from counselors, therapists, and other professionals who take this affliction seriously. For mental health professionals, this book provides insights into the nature and causes of Internet addiction and encourages counselors and therapists to expand their addiction recovery programs to address the specific problems of Internet addicts. "Think that computer addiction is a joke? Think again. This groundbreaking book is the first to explore on-line addiction in a serious way and to consider the effects

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on individuals and their families. Caught in the Net is an important book for anyone who spends mornings and evenings connected to the Net."-Clifford Stoll, author of The Cuckoo's Egg and Silicon Snake Oil. "An excellent account of the dangers of the burgeoning Internet industry. Dr. Young carefully outlines the traps into which people can fall and offers pragmatic self-help suggestions. Caught in the Net is valuable for both consumers and the professionals who deal with them."-Maressa Hecht Orzack, PhD, Founder and Coordinator, Computer Addiction Services, McLean Hospital Lecturer, Harvard University Medical School "I don't mean to spend all my time this way, but I can't stop. It's the only place my opinion matters and I feel important."-bobage38.automechanic.internet.addict "I feel guilty about it, but when I tried to break free, I simply didn't have the strength....I'm a long-time smoker, but I've found the craving to go on the Internet first thing every morning is stronger than my urge to light a cigarette."-marylouage40.motheroffour.internet.addict "When you're talking about the Internet, you're talking about power. It's the most powerful information tool I have ever known. When I explore the on-line world, I feel like that robot in the movie Short Circuit. I need more input! More input!"-daveage28.militarytelecommunicationsexpert.internet.addict "I feel the rush every time my mind gets connected to this intensely powerful information whirlpool. When I enter cyberspace, I become one with my mind. It's like Mr. Spock doing the Vulcan mind meld."-joshage29.computerprogrammer.internet.addict itt.edu and view her website at: www.netaddiction.com.

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