

Irresistible Why You Are Addicted To Technology And How To Set Yourself Free

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THIS Gets Him Addicted to You Forever (Matthew Hussey, Get The Guy)Irresistible with Adam Alter 44 Signs You Are Addicted to Love?? You Will Wish You Watched This Before You Started Using Social Media+The Twisted Truth How She Knows You're An Alpha Man! 7 IRRESISTIBLE Traits! How To NOT Ruin A Relationship! | Russell Brand 99.9% of Women CRAVE a Man With Abundance Mentality! (HERE'S WHY) How To Stop Being The Nice Guy! 8 Tips To Use NOW! How I Became Confident | Russell Brand The Attraction Formula (Matthew Hussey, Get The Guy) "Did I Move Too Fast for Him?" How To Make Him FEAR Losing You+Make A Guy Chase You FOREVER Without Games Are You Moving Too Fast With Him? Tech Expert Gives Tips On How To Handle Your Use Of Addictive Tech! | Russell Brand Social Dilemma: Are We All Addicted Now?! Russell Brand The Business of Keeping Us Hooked-Adam Alter Why 99.9% of Women Think of Intimacy Differently Than Men! Make Her ADDICTED To You! Get Him ADDICTED! - 6 Ways YOU Can Be The High Value Woman What Is Love Addiction? 5 Common Indicators of Love Addiction! Welcome to the age of addictive technology with Adam Alter How To Get A Woman Addicted To You | #1 Thing For You Men! Irresistible Why You Are Addicted
So there you are. I knew I had a problem, and wanted to do something about it. Life was passing me by. Thus, a book with the sub-title "Why you are addicted to technology and how to set yourself free" seemed just the ticket.

Irresistible: 9781784701659: Amazon.com: Books

Convenience weaponizes temptation, and with the ubiquity and convenience of technology these days, you can see why behavioral addiction to video games, Facebook, checking your email on your phone, even your Fitbit, is on the rise. Irresistible is a deep and wide-ranging study of addiction, and there is much food for thought here. Alter seems especially concerned about how children and teens interact with technology, citing that they are the most vulnerable of us all.

Irresistible: The Rise of Addictive Technology and the ...

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Irresistible : Why you are addicted to technology and how ...

Just when I had a hate moment against all technology, I came across an interesting book called IRRESISTIBLE: WHY YOU ARE ADDICTED TO TECHNOLOGY AND HOW TO SET YOURSELF FREE recently published by VINTAGE paperback (Penguin UK). I enjoyed reading it due to the focus on technology and childhood. As psychologist Adam Alter [...]

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Amazon.co.uk:Customer reviews: Irresistible: Why you are ...

3.25/5 stars Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked is a non-fiction novel exploring what causes individuals to become addicted to screens, how this addiction effects their lives, and what can be done to prevent these additions or deal with them.

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Eymologically speaking, to be addicted is to be a slave, and behavioural addiction is "a deep attachment to an experience that is harmful and difficult to do without".

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