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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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Etymologically 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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