



HOW SCREEN
ADDICTION IS
HIJACKING OUR KIDS
— AND HOW TO BREAK
THE TRANCE

GLOW KIDSW

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Glow Kids: How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance



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From addiction expert Dr. We've all noticed them: kids hypnotically staring at glowing screens in restaurants, in playgrounds and in friends' houses?and the numbers are steadily growing. Nicholas Kardaras, a startling argument that technology provides profoundly affected the brains of kids?and not really for the better. And a growing mountain of clinical analysis correlates display screen tech with disorders like ADHD, addiction, anxiety, melancholy, increased aggression, and even psychosis. But at what cost? Is this just a harmless indulgence or fad like some kind of digital hula-hoop? Some say that glowing screens might even be best for kids?a type of interactive educational tool. Don't believe it. In *Glow Children*, Dr. Nicholas Kardaras will examine how technology?even more specifically, age-inappropriate display screen tech, with most of its glowing ubiquity?offers profoundly affected the brains of a whole generation. Brain imaging study is showing that stimulating glowing displays are as dopaminergic (dopamine activating) to the brain's pleasure middle as sex. Such as a virtual scourge, the illuminated glowing faces?the Glow Kids?are multiplying. *Glow Children* also contains an opt-out letter and a "quiz" for parents in the back of the book. Kardaras will dive in to the sociological, emotional, cultural, and economic factors mixed up in global tech epidemic with one major objective: to explore the effect our wonderful shiny brand-new technology is certainly having on children. Most shocking of all, recent brain imaging studies conclusively show that extreme screen exposure can neurologically damage a young person's developing brain just as that cocaine addiction can.



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Astonishing and life altering This book offers a thoughtful and comprehensive presentation of the problem we all have been facing today as parents. If you had any question about whether your common sense observation is correct about the fact your child could possess a tech addiction; this reserve presents indisputable evidence that your gut feeling is correct. Read this book and become part of a motion for responsible usage of technology. I'm anxious to talk about this book with each of our children to make use of as a parenting tool. I order many books each month to keep up with their reading behaviors. As your physician, and the father of three boys ages two through 11, I've seen first hands the addiction in my own kids. The facts offered by Dr. Kardaras will hit you like a ton of bricks. THAT IS ADDICTION--100% It is not often that I browse a passage in a book that actually stops me in my tracks and rocks me to my core. Once again, as an MD, I've examine 100's, if not 1000's of medical texts and content. That was the passage that stopped me cold. It really is all explained perfectly so that anyone will get it. But when he speaks of Little Johnny sitting in the corner along with his iPad, seemingly in intense quiet concentration and focus. Although he looks therefore focused and concentrating, his ability to focus and concentrate is actually getting destroyed by the hyper stimulation to his cerebral cortex." But as Dr. Kardaras described and I could concur from additional medical research, Little Johnny 's brain has been damaged by the onslaught of hyper-stimulation. So very much that one might state, "Look at how focused Little Johnny is definitely, concentrating so hard on his game. Do not get me wrong, you certainly do not need any degree apart from common sense to get the point of the book. How many times have I seen my very own kids mesmerized in apparent concentration while their higher purchase brain centers were being bombarded with sequential benefits and temptations. As a grandparent to 17 bright children, this matter has been thrust front and middle in our family members. The second portion of the book presented a treatment plan. I applied this in my own life and successfully broke my children addiction. After all, they're climbing trees, building forts, riding bikes, walking the dogs, and reading when they're not with friends or at sporting events. I confiscated all tech and delivered them into unpleasant withdrawal. 6 months later on, I am happy to say my old one doesn't even remember or care if he offers his phone or not really, their grades have improved and although they think that is a punishment, that i keep telling them it isn't; Very helpful information for parents especially. This book changes your life if you believe you have kids that are dependent on their devices. Thanks Nick This Book Saved My Sanity After a three year crisis with my son, a divorce and me spiraling as a devoted parent, this book saved my sanity and helped me understand the underlying problem I have been facing with my young son. I acquired a beautiful sweet boy and directly after we entered general public college and the tech world craze with computer games, school tech demands and even more consumed us, I understood my problem was bigger than me. My boy became addicted and the video gaming was saturating every aspect of his social existence. These video gaming are hurting our children, our communities - it's time to tame the compulsion and remember there are other things in life. Personally, i believe the gaming businesses ought to be sued and held liable for criminally doping our children. Technology is not bad, but it's hauntingly dangerous. I read it per day. My daughters at the time had been 5 and 2, and there was a simple difference in outlook when it comes to raising the girls. While at the primary girls are fully liked by me and their mom, right from incorrect and foundational components are at polar opposing ends of the spectrum. ... We've been systemically and purposely deceived by sometimes well intentioned but oftentimes greedy group believe corporate heads that placed tech in to the hands of our young children. They prefer the outside to the indoors, but they're still children in 2017, and there is a grand attraction to the tv screen, and iPads. For all I've done

ideal, I know I've made some poor choices. Our new generation Very eye opening read. I used the not popular "Restrictions" functions on their iPad and iPhone device and restricted everything. This book is making me reconsider a lot of my choices, or at least recommit to a way of life that may benefit the girls in the long run. The book was recommended to me by my father--not only because I have daughters (he loves just how I raise my girls and keep them interested in riding horses that playing Candy Crush), but because he has grandchildren who are also glued to a device literally all the time, and it breaks his heart. Could it be dangerous? When I filed for a divorce some 4+ years ago, it was an extremely challenging time. A lot of the publication is good sense that ain't therefore common anymore, however the data-driven proof and support of theories is certainly hard to argue. Can be technology poor? This book is well thought out, completely researched and well shown. 50 webpages in, he insisted my brother (has two males same age range as my girls) and I buy it. YES. I highly recommend this publication to anybody, but particularly those parents out right now there who wonder if their kids are spending too much time playing video gaming, surfing the net, etc. It's never as well late. we are a far better off family unit. I found the information reliable and well-researched. The answers to helping my kids arrive off their tech addiction was conveniently applied. She enjoyed the book Bought for my dsughter Five Stars READ READ Go through. I literally got sick to my stomach. Kardaras presents an evidenced centered case citing study after study to prove the idea that we, as a society, already are deep inside the rabbit hole. No, definitely not. Dr. Specifically, he asserts as "givens" things he hasn't set up except by cites to other writers. I read voraciously, and I encourage the same of my now 9 and 6 12 months olds--and it's functioning. for kids and adults. Five Stars An excellent publication to read, especially in this point in time Five Stars Every parent must read this book! By providing each one of the ladies with their very own iPads, I figured that I possibly could limit their period and there would be no harm done. Essential for parents. Read this book yesterday! After the Bible this is the single most significant book a parent can read. It's a big problem, but be on guard This writer is what I call a "spin doctor." He uses certain terms like he was attempting a case at the Spanish Inquisition. .



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