



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

Nicholas Kardaras

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We've all seen them: kids hypnotically staring at glowing screens in restaurants, in playgrounds and in friends' houses—and the numbers are growing. Like a virtual scourge, the illuminated glowing faces—the Glow Kids—are multiplying. But at what cost? Is this just a harmless indulgence or fad like some sort of digital hula-hoop? Some say that glowing screens might even be good for kids—a form of interactive educational tool.

Don't believe it.

In *Glow Kids*, Dr. Nicholas Kardaras will examine how technology—more specifically, age-inappropriate screen tech, with all of its glowing ubiquity—has profoundly affected the brains of an entire generation. Brain imaging research is showing that stimulating glowing screens are as dopaminergic (dopamine activating) to the brain's pleasure center as sex. And a growing mountain of clinical research correlates screen tech with disorders like ADHD, addiction, anxiety, depression, increased aggression, and even psychosis. Most shocking of all, recent brain imaging studies conclusively show that excessive screen exposure can neurologically damage a young person's developing brain in the same way that cocaine addiction can.

Kardaras will dive into the sociological, psychological, cultural, and economic factors involved in the global tech epidemic with one major goal: to explore the effect all of our wonderful shiny new technology is having on kids.

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This Glow Kids: How Screen Addiction Is Hijacking Our Kids--and How to Break the Trance is great guide for you because the content which can be full of information for you who have always deal with world and get to make decision every minute. This specific book reveal it facts accurately using great plan word or we can declare no rambling sentences within it. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only gives you straight forward sentences but tricky core information with attractive delivering sentences. Having Glow Kids: How Screen Addiction Is Hijacking Our Kids--and How to Break the Trance in your hand like obtaining the world in your arm, info in it is not ridiculous 1. We can say that no book that offer you world with ten or fifteen second right but this guide already do that. So , this really is good reading book. Hey Mr. and Mrs. stressful do you still doubt that will?

Todd Apperson:

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