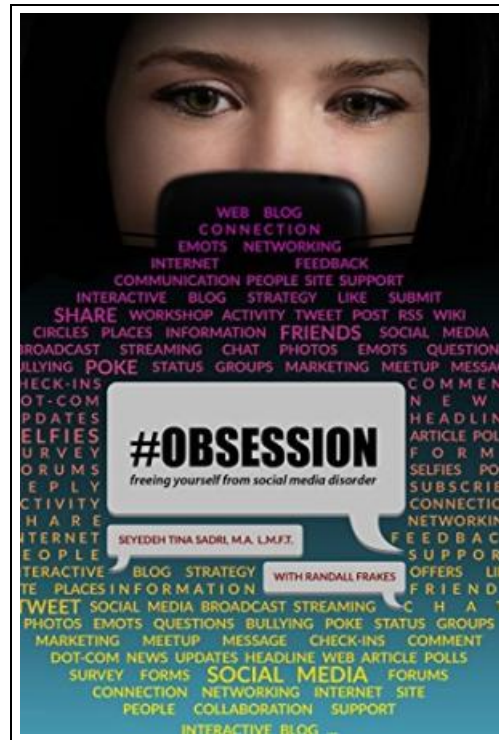


Obsession: Freeing Yourself from Social Media Disorder (Paperback)



Filesize: 8.84 MB

Reviews

Extensive guideline! Its this sort of very good go through. I have got read and i am confident that i will gonna read through once more once more in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Joana Champlin)

OBSESSION: FREEING YOURSELF FROM SOCIAL MEDIA DISORDER (PAPERBACK)

Rosedog Books, 2016. Paperback. Condition: New. Annotated edition. Language: English . Brand New Book ***** Print on Demand *****.There is a real epidemic of social media addiction in this country and abroad - wherever anyone has access to the Internet. When a British youth tries to kill himself because he cannot take the perfect selfie, we know humankind has crossed a line into dangerous and toxic territory. Beneath the surface topic of social media disorder, this book is really about self-esteem related disorders that lead to over-reliance on outside validation. Because it is new and pervasive, especially to a young generation raised under its influence and never knowing anything different, social media is the main culprit for behavior disorders plaguing otherwise balanced individuals. This book explores the outer extremes of the disorder and then furnishes several important, yet simple, processes by which to restore psychological balance. Social Media is a positive tool in our lives when used properly. This book serves as a guide on how to interact with social media in a healthy way. People are becoming more and more obsessed with communicating an idealized version of themselves to strangers and creating an electronic ghost personality that exists only because certain facts are edited out. This is one of the first and most enlightening books on this growing epidemic of social media addiction. It is a fascinating exploration of social media, but also a way to see yourself in the many amazing case histories - and decide if you are a victim of this modern malady. #Obsession will appeal to anyone who uses social media, which is nearly everyone on the planet, even people in third world countries. About the Authors Seyedeh Tina Sadri, M.A. L.M.F.T. is a licensed marriage and family therapist. She is the Founder of Newport...



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