



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. *Glow Kids* also includes an opt-out letter and a "quiz" for parents in the back of the book.

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Lori Johnson:

Precisely why? Because this Glow Kids: How Screen Addiction Is Hijacking Our Kids-and How to Break the Trance is an unordinary book that the inside of the book waiting for you to snap this but latter it will zap you with the secret the item inside. Reading this book next to it was fantastic author who write the book in such awesome way makes the content inside easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have such as help improving your expertise and your critical thinking way. So , still want to hold up having that book? If I had been you I will go to the publication store hurriedly.

Faye Wilson:

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Ernie Swisher:

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James Donofrio:

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