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Download [PDF] Glow Kids How Screen Addiction Is Hijacking

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.

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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 ...

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In Glow Kids by Dr. Nicholas Kardaras, he builds the persuasive case that screen addiction is hijacking our kids and that parents need to break the trance. Citing a plethora of studies correlating technology with disorders like ADHD, depression, and aggression, Kardaras establishes the profound consequences of screens on children's brains.

How to Stop Screen Addiction: A Review of Glow Kids

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.

Glow Kids : How Screen Addiction Is Hijacking Our Kids-And

Taper your kids excessive screen time gradually in order to detox them from tech if p Instead, I ended up reading a book that was nothing more than an essay on what addiction entails, the physiology of addiction, and a bunch of horror stories.

Glow Kids: How Screen Addiction Is Hijacking Our Kids

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"Glow Kids uncovers the various players --both the obvious and not so obvious--contributing to the growing

problem of tech addiction and screen-related mental health issues. With the rigor of an investigative journalist and the insight of an addiction specialist, Kardaras manages to make a complex and uncomfortable topic both palatable and accessible.

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