iDisorder



OBSESSION WITH TECHNOLOGY AND OVERCOMING ITS HOLD ON US

Larry Rosen, Ph.D.

Brad Huddleston

iDisorder Larry Rosen, 2012-03-27 iDisorder changes to your brain s ability to process information and your ability to relate to the world due to your daily use of media and technology resulting in signs and symptoms of psychological disorders such as stress sleeplessness and a compulsive need to check in with all of your technology Based on decades of research and expertise in the psychology of technology Dr Larry Rosen offers clear down to earth explanations for why many of us are suffering from an iDisorder Rosen offers solid proven strategies to help us overcome the iDisorder we all feel in our lives while still making use of all that technology offers Our world is not going to change and technology will continue to penetrate society even deeper leaving us little chance to react to the seemingly daily additions to our lives Rosen teaches us how to stay human in an increasingly technological world How to Break Up with Your Phone, Revised Edition Catherine Price, 2025-02-04 NATIONAL BESTSELLER Now fully revised and updated this evidence based user friendly guide presents a 30 day digital detox plan that will help you set boundaries with your phone and live a more joyful and fulfilling life If you are a human being and you own a smartphone you need this book Jonathan Haidt author of the 1 New York Times bestseller The Anxious Generation Do you feel addicted to your phone Do you frequently pick it up just to check only to look up forty five minutes later wondering where the time has gone Does social media make you anxious Have you tried to spend less time mindlessly scrolling and failed If so this book is your solution In How to Break Up with Your Phone award winning health and science journalist and TED speaker Catherine Price presents a hands on 30 day digital detox guide to breaking up and then making up with your phone The goal better mental health improved screen life balance and a long term relationship with technology that feels good Now fully revised to reflect advances in the technological landscape this groundbreaking book features new expert advice and research on the science of addiction with expanded chapters explaining how social media and algorithms are designed to addict us impairing our abilities to focus think deeply and form new memories and an updated section on the unique dangers social media poses to children with brand new tips on how to protect them Also newly expanded is How to Break Up with Your Phone s life changing evidence based 30 day plan that will guide you and your friends and family through the process of creating new healthy relationships with your smartphone tablet or other digital devices Whether you re seeking refuge from an exhausting news cycle or you re concerned about the negative effects of social media How to Break Up with Your Phone offers practical solutions It's guaranteed to help you put down your phone and come back to life **How to Break Up with Your Phone** Catherine Price, 2018-02-13 This evidence based user friendly guide presents a 30 day digital detox plan that will help you set boundaries with your phone and live a more joyful and fulfilling life I wrote The Anxious Generation to help adults improve the lives of children Many readers have asked me for a version of the book aimed at helping adults and teens help themselves Catherine Price has written the best such book Jonathan Haidt Do you feel addicted to your phone Do you frequently pick it up just to check only to look up forty five

minutes later wondering where the time has gone Does social media make you anxious Have you tried to spend less time mindlessly scrolling and failed If so this book is your solution Award winning health and science journalist and TED speaker Catherine Price presents a practical evidence based 30 day digital detox plan that will help you break up and then make up with your phone The goal better mental health improved screen life balance and a long term relationship with technology that feels good This engaging user friendly guide explains how our smartphones and apps are designed to be addictive and how the time we spend on them is increasing our anxiety and damaging our abilities to focus think deeply form new memories generate ideas and be present in our most important relationships Next it walks you through an effective and easy to follow 30 day plan that has already helped thousands of people worldwide break their phone addictions and feel more fully alive Whether you need help for yourself or for your family friends students colleagues clients or community How to Break Up with Your Phone is the ultimate guide to digital detoxing It's guaranteed to help you put down your phone and come back Digital Disconnect Robert W. McChesney, 2013-03-05 Looks at the relationship between economic power and the digital world encouraging readers to fight back against the monopolies that are making the Internet less democratic 20 000 Rescuing Humanity Willem H. Vanderburg, 2023-05-26 In Rescuing Humanity Willem H Vanderburg first printing reminds us that we have relied on discipline based approaches for human knowing doing and organizing for less than a century During this brief period these approaches have become responsible for both our spectacular successes and most of our social and environmental crises At their roots is a cultural mutation that includes secular religious attitudes that veil the limits of these approaches leading to their overvaluation Because their use especially in science and technology is primarily built up with mathematics living entities and systems can be dealt with only as if their architecture or design is based on the principle of non contradiction which is true only for non living entities This distortion explains our many crises Vanderburg begins to explore the limits of discipline based approaches which guides the way toward developing complementary ones capable of transcending these limits It is no different from a carpenter going beyond the limits of his hammer by reaching for other tools As we grapple with everything from the impacts of social media the ongoing climate crisis and divisive political ideologies Rescuing Humanity reveals that our civilization must learn to do the equivalent if humans and other living things are to continue making earth a home **Digital Cocaine (eBook)** Brad Huddleston, 2016-01-15 What s the difference between half a line of cocaine and an hour playing a video game Nothing as far as your brain is concerned What can you do to be effective at multi tasking Nothing as far as your brain is concerned What do digital devices in the classroom contribute to focus and concentration Nothing as far as your brain is concerned In DIGITAL COCAINE Brad Huddleston will replace your confusion hesitancy and fear as it relates to the digital world with the facts that can make you and your family safer and more secure from page one Whether it's gaming pornography cyberbullying or the decline in grades you'll get a look inside your wonderful God designed brain to understand how it interacts with the exploding world of digital communication and

how you can keep your family safe Your smartphone tablet and computer can be powerful tools to help you or not The choice is yours DIGITAL COCAINE gives you the power to make that choice Harper's ,2010 The Distracted Mind Adam Gazzaley, Larry D. Rosen, 2016-09-16 A brilliant and practical study of why our brains aren t built for media multitasking and how we can learn to live with technology in a more balanced way Jack Kornfield author of The Wise Heart Most of us will freely admit that we are obsessed with our devices We pride ourselves on our ability to multitask read work email reply to a text check Facebook watch a video clip Talk on the phone send a text drive a car Enjoy family dinner with a glowing smartphone next to our plates We can do it all 24 7 Never mind the errors in the email the near miss on the road and the unheard conversation at the table In The Distracted Mind Adam Gazzaley and Larry Rosen a neuroscientist and a psychologist explain why our brains aren t built for multitasking and suggest better ways to live in a high tech world without giving up our modern technology The authors explain that our brains are limited in their ability to pay attention We don t really multitask but rather switch rapidly between tasks Distractions and interruptions often technology related referred to by the authors as interference collide with our goal setting abilities. We want to finish this paper spreadsheet sentence but our phone signals an incoming message and we drop everything Even without an alert we decide that we must check in on social media immediately Gazzaley and Rosen offer practical strategies backed by science to fight distraction We can change our brains with meditation video games and physical exercise we can change our behavior by planning our accessibility and recognizing our anxiety about being out of touch even briefly They don't suggest that we give up our devices but that we use them in a more balanced way Raising Generation Tech Jim Taylor, 2012-08 Today's children are being raised as digital natives in a world dominated by popular culture and technology TV shows computers video games social networking sites advertisements and cell phones too often have an unnecessarily strong and negative influence on children But pulling the plug just isn t an option in a world where being connected is essential for success In Raising Generation Tech noted parenting and new media expert Dr Jim Taylor explores how popular culture and technology shape children's lives The essential message from Raising Generation Tech is that excessive or unguided exposure to popular culture and technology is not good for children Rather than offering the usual end of days scenario Dr Taylor offers a balanced and optimistic perspective that offers parents insights and practical information they need to ensure that popular culture and technology are tools that benefit their children rather than weapons that hurt them Six Messages From Raising Generation Tech Popular culture may be the powerful influence on children today and most of that influence is not healthy to children Children are being exposed to technology earlier than ever without proper limits or guidance Excessive exposure to popular culture and technology has been linked to many childhood problems including shorter attention spans lower grades in school increased sexual activity and drug use and obesity Too early and unquided immersion in popular culture and technology will actually hinder rather than better prepare children for life in the digital world Key areas in which parents should focus their child

rearing attention include their children's self identity values thinking relationships and physical and mental health The goal for parents is not to disconnect their children but rather to expose them to popular culture and technology when they are developmentally ready and then give them the perspectives attitudes and tools they need to thrive in this digital age Raising Generation Tech argues convincingly that children should be raised by their parents not by popular culture or technology Dr Taylor tackles this difficult task with state of the art psychological theory the latest research engaging anecdotes and a healthy dose of sensitivity and humor Raising Generation Tech is a must read for parents who want their children to thrive in this media fueled world which means all parents Larry Rosen Ph D author of iDisorder Understanding Our Obsession With Technology and Overcoming its Hold on Us Raising Generation Tech will be an eye opener for parents Rather than offering the usual end of the world scenario Dr Jim Taylor offers a balanced perspective that gives parents the insights and practical information they need to ensure that popular culture and technology are tools that benefit their children rather than weapons that harm them Michele Borba Ed D TODAY show contributor and author of The Big Book of Parenting Solutions 101 Answers to Your Everyday Challenges and Wildest Worries The essential message of Raising Generation Tech is that excessive or unguided exposure to popular culture and technology is not good for children In today s world parents can t just sit back and play defense Dr Jim Taylor empowers parents to prepare their children for life in this digital age Michelle LaRowe Author of A Mom s Ultimate Book of Lists Working Mom s 411 and the Nanny to the Rescue parenting series

TechnoStress Michelle M. Weil,Larry D. Rosen,1997-09-25 The first book to explain why today s rapid fire technology makes us feel out of control and what we can do about it Unlike machines people aren t designed to be on call 24 hours a day That s why more than 50% of us suffer from automation anxiety or TechnoStress Psychologists Weil and Rosen show us what technology is doing to our minds and bodies

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Introduction

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