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Glow Kids: How Screen Addiction Is

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Read PDF Glow Kids How Screen Addiction Is Hijacking Our Kids And How To Break **Hijacking Our Kids ...**

Glow Kids by Nicholas Karadaras is just such a book. The author, an experienced addictionologist, has written a readable and at times alarming book about the potential dangers to kids of screen time, whether it be from a tablet, a mobile phone, or a desktop computer.

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**Glow Kids | Nicholas Kardaras |
Macmillan**

If every parent knew and acted on the research presented in Nicholas Kardaras's *Glow Kids*, students would learn much better, fewer kids would be on medication for attention and mental health issues, and the psych wards for young people would

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--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

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It's 'digital heroin': How screens turn kids into ...

Yahoo News and Finance Anchor Bianna Golodryga sat down with psychotherapist and addiction specialist Nicholas Kardaras, author of *Glow Kids: How*

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**Who Are the Glow Kids? Review of Dr.
Nicholas Kardaras ...**

3 "There is a fairly even split in the scientific community about whether 'tech addiction' is a real thing," says Dr Michael Bishop, who runs Summerland, which he

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calls "a summer camp for screen overuse" for teens. 4 Dr Nicholas Kardaras is the author of the 2016 book Glow Kids: How Screen Addiction Is Hijacking Our Kids.

Glow Kids How Screen Addiction

"Glow Kids uncovers the various players

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Dr. Kardaras - Dr. Nicholas Kardaras

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1,027 ratings · 232 reviews We've all seen
them: kids hypnotically staring at glowing
screens in restaurants, in playgrounds and
in friends' houses?and the numbers are

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

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The book *Glow Kids: How Screen
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to Break the Trance* deals with the effects
screens have on children, their developing
brains, social skills and personalities. For
anyone who acknowledges that modern

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technology is not a panacea, this book
gives examples and proof to back it up.

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Do you or your child easily succumb to the glow of a screen, or the chirp of a newly arrived text? If you do, then you are part of one of the most significant cultural phenomena in human history – screen addiction. When you offer two hours of

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screen time and that two hours is up, and
whining and complaining ensue...your
children may be addicted.

**Glow Kids by Nicholas Kardaras - The
Curriculum Choice**

16 quotes from Glow Kids: How Screen
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the Trance From addiction expert Dr. Nicholas Kardaras, a startling argument that technology has profoundly affected the brains of children?and not for the better.

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His book “Glow Kids: How Screen
Addiction Is Hijacking Our Kids — and
How to Break the Trance” (St. Martin’s)
is out now. Filed under addiction, books,
children, psychology, technology, 8 ...

What is Screen Addiction? - Addicted to Screens

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Glow Kids: How Screen Addiction Is Hijacking Our Kids - and How to Break the Trance. Nicholas Kardaras. St. Martin's Publishing Group, Aug 9, 2016 - Family & Relationships - 256 pages. 2 Reviews. We've all seen them: kids hypnotically staring at glowing screens in restaurants, in playgrounds and in friends'

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houses—and the numbers are growing.

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