

How Screen Addiction Is Hijacking Our Kids and How to Break the Trance of Bullying

In her groundbreaking book, *How Screen Addiction Is Hijacking Our Kids and How to Break the Trance of Bullying*, Dr. Catherine Steiner-Adair unveils the hidden truth about how screen addiction is hijacking our kids and fueling the epidemic of bullying.



Technology For Kids: How Screen Addiction Is Hijacking Our Kids and How to Break the Trance (Bullying, Sexting...) by Nelson Matoke

★★★★★ 5 out of 5

Language : English
File size : 2095 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 20 pages
Lending : Enabled



Drawing on cutting-edge research and real-life stories, Dr. Steiner-Adair shows how screens are rewiring our kids' brains, making them more vulnerable to bullying and other forms of aggression. She also provides a practical guide for parents and educators on how to break the trance of screen addiction and help our kids develop the resilience they need to thrive in a digital world.

Dr. Steiner-Adair argues that screen addiction is a public health crisis that is harming our kids in profound ways. She cites research showing that screen time is linked to increased rates of depression, anxiety, and suicide. It can also lead to problems with attention, sleep, and weight. In addition, screen addiction can make kids more vulnerable to bullying and other forms of aggression.

Dr. Steiner-Adair explains that screens are designed to be addictive. They provide a constant stream of stimulation that can be difficult for kids to resist. In addition, screens can create a sense of isolation and loneliness, which can make kids more vulnerable to bullying.

Dr. Steiner-Adair provides a practical guide for parents and educators on how to break the trance of screen addiction and help our kids develop the resilience they need to thrive in a digital world. She offers tips on setting limits on screen time, talking to kids about screen use, and creating a more balanced and healthy lifestyle.

How Screen Addiction Is Hijacking Our Kids and How to Break the Trance of Bullying is an essential read for parents, educators, and anyone who cares about the well-being of our children.

Praise for *How Screen Addiction Is Hijacking Our Kids and How to Break the Trance of Bullying*

"Dr. Steiner-Adair has written a groundbreaking book that exposes the hidden truth about how screen addiction is harming our kids. She provides a practical guide for parents and educators on how to break the trance of screen addiction and help our kids develop the resilience they need to

thrive in a digital world." - **Sherry Turkle, author of *Reclaiming Conversation***

"Dr. Steiner-Adair's book is a must-read for anyone who cares about the well-being of our children. She provides a clear and concise overview of the research on screen addiction and its impact on kids. She also offers practical advice on how to help kids break the trance of screen addiction and develop healthy habits." - **Dr. David Walsh, author of *Why Do They Act That Way?***

"Dr. Steiner-Adair has written a powerful and important book. She shows how screen addiction is hijacking our kids and fueling the epidemic of bullying. She also provides a practical guide for parents and educators on how to break the trance of screen addiction and help our kids develop the resilience they need to thrive in a digital world." - **Michael Thompson, author of *Raising Cain***

About the Author

Dr. Catherine Steiner-Adair is a clinical psychologist and the author of several books on parenting and child development. She is a frequent speaker at conferences and in the media on the topics of screen addiction, bullying, and child development.

Dr. Steiner-Adair's work has been featured in The New York Times, The Washington Post, The Wall Street Journal, and on NPR. She has also appeared on The Today Show, Good Morning America, and CNN.

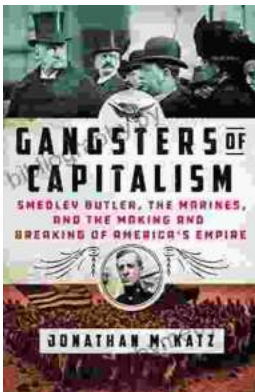
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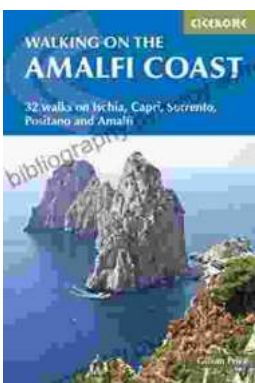
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