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# Glow Kids: How Screen Addiction Is Hijacking Our Kids—and How To Break The Trance



## Synopsis

Weâ™ve all seen them: kids hypnotically staring at glowing screens in restaurants, in playgrounds and in friends' housesâ•and the numbers are growing. Like a virtual scourge, the illuminated glowing facesâ•the Glow Kidsâ•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 kidsâ•a form of interactive educational tool. Donâ™t believe it. In *Glow Kids*, Dr. Nicholas Kardaras will examine how technologyâ•more specifically, age-inappropriate screen tech, with all of its glowing ubiquityâ•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 brainâ™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 personâ™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.

## Book Information

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## Customer Reviews

*Glow Kids* deals with an important topic. Every time my wife and I see kids absorbed with their

devices at a restaurant while their parents ignore them, I wonder what is happening to their brains by missing out on important socialization and time with their parents. Interestingly, Steve Jobs reportedly banned tablets at his own dinner table and instead had the lively discussions about politics and literature that I remember from my own childhood. My parents were forward thinkers on this topic. Concerned about the impact of television, my parents banished it from our house from the age I was 5 to 14. As a result, I read quite a bit. On the negative side, I missed out on some common cultural touch points. So, I am broadly sympathetic to the arguments that Glow Kids makes: we are conducting a huge experiment on children without understanding what the long term impacts are. Even adults, even educated professionals (like the doctor addicted to video games), can become addicted to their screens to their detriment. Where Glow Kids leaves me cold is the crazily overwrought anecdotes of kids getting wrapped up in video games. It really sounds like some combination of REEFER MADNESS or the hilarious fake stories that your crazy aunt forwards you about the Marine who faces down the atheist professor. One particularly ridiculous example was of a young man who supposedly was confused about whether he was still in the game to which he was addicted. The game in question is not a hyper realistic first person shooter, but World of Warcraft. Hyper addictive, sure. But no one could confuse it with reality. I suspect the encounter never really happened, but if so, Kardaras is terribly credulous.

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