

Glow Kids How Screen Addiction Is Hijacking Our Kids And How To Break The Trance

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Glow Kids How Screen Addiction

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. Brain imaging research is showing that stimulating glowing screens are as dopaminergic (dopamine activating) to the brain's pleasure center as sex.

Glow Kids: How Screen Addiction Is Hijacking Our Kids ...

Glow Kids: How Screen Addiction Is Hijacking Our Kids -- And How to Break the Trance. by. Nicholas Kardaras (Goodreads Author) 4.06 · Rating details · 1,007 ratings · 226 reviews. We've all seen them: kids hypnotically staring at glowing screens in restaurants, in playgrounds and in friends' houses—and the numbers are growing. Like a virtual scourge, the illuminated glowing faces—the Glow Kids—are multiplying.

Glow Kids: How Screen Addiction Is Hijacking Our Kids ...

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Glow Kids: How Screen Addiction Is Hijacking Our Kids ...

Glow Kids: How Screen Addiction Is Hijacking Our Kids-and How to Break the Trance • Be knowledgeable parents who set screen limits when necessary at home • Don't fall into the "Do as I say, not as I do" trap • Be active in observing and/or limiting computer exposure in our children's classrooms • ...

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Glow Kids | Nicholas Kardaras | Macmillan

The book Glow Kids: How Screen Addiction Is Hijacking Our Kids—and How 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 technology is not a panacea, this book gives examples and proof to back it up.

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

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

Glow Kids: Beware of the screen - YouTube

From addiction expert Dr. Nicholas Kardaras, a startling argument that technology has profoundly affected the brains of children—and not for the better. We've all seen them: kids hypnotically staring at glowing screens in restaurants, in playgrounds and in friends' houses—and the numbers are growing.

Dr. Kardaras - Dr. Nicholas Kardaras

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, 8/27/16

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

Nicholas Kardaras writes about technology dependence in his book Glow Kids: How Screen Addiction Is Hijacking Our Kids—and How to Break the Trance. According to Kardaras, addiction in general is "less about the particular substance or behavior than about the underlying perfect storm of genetic, psychological, environmental and neurobiological factors that make a person ripe for addiction."

Teens and Addiction to Technology | Newport Academy

In Glow Kids Dr. Nicholas Kardaras, a psychiatrist specializing in youth and addictions and a recovering addict himself, shows how the glowing screens that hold such appeal even for us adults can physically alter the developing brains of our kids, leading to 'a whole host of clinical disorders and a digitally induced adolescent malaise.' (5)

Glow Kids by Nicholas Kardaras - The Curriculum Choice

Nicholas Kardaras' book, Glow Kids: How Screen Addiction is Hijacking Our Kids – And How to Break the Trance, published on August 9, 2016, delves into the topic of too much screen time and its effects on children. Kardaras is a psychotherapist, the executive director of the Dunes East Hampton, and an assistant professor at Stony Brook University.

Screen Addictions and "Glow Kids" - Yahoo! News Discussion

Nicholas Kardaras, author of Glow Kids: How Screen Addiction Is Hijacking Our Kids, claims, "I've worked with hundreds of heroin addicts and crystal meth addicts, and what I can say is that it's easier to treat a heroin addict than a true screen addict."

The Scary Side Effects Of Screen Addiction

Addiction is tied to the release of dopamine in the brain, explains Nicholas Kardaras, PhD, author of Glow Kids: How Screen Addiction Is Hijacking Our Kids — and How to Break the Trance. The more dopamine an activity or substance triggers, the more addictive it is.

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