Tech Overuse & Addiction - Books and Other Resources


**Ryan Anderson, Ph.D., LMFT, MedFT**, "Navigating the Cyberscape: Evaluating and Improving Our Relationship with Smartphones, Social Media, Video Games, and the Internet"

**Hilda Burke**, "The Phone Addiction Workbook: How to Identify Smartphone Dependency, Stop Compulsive Behavior and Develop a Healthy Relationship with Your Devices"


**Mathew Crawford**, "The World Beyond Your Head-On Becoming an Individual in the Age of Distraction", Institute for Advanced Studies in Culture, University of Virginia, https://www.thenewatlantis.com/authors/matthew-crawford


**Victoria Dunckley**, "Reset Your Child's Brain: A Four-Week Plan to End Meltdowns, Raise Grades, and Boost Social Skills by Reversing the Effects of Electronic Screen-Time" https://drdunckley.com/


**Nicholas Kardaras, PhD**, "Glow Kids: How Screen Addiction is Hijacking Our Kids - and How to Break the Trance", CEO, Omega Recovery and Maui Recovery; Starting Launch House in New York City Fall 2019. www.drkardaras.com

**Andrew Keen**, internet entrepreneur, Senior Fellow, CALinnovates and CNN columnist; Author of "How to Fix The Future", "Cult of the Amateur: How The Internet Is Killing Our Culture", "Digital Vertigo: How Today's Social Revolution Is Dividing, Diminishing and Disorienting Us and "Internet is not the Answer",
**Jaron Lanier**, Virtual reality expert and scholar at the interface between computer science and medicine, physics and neuroscience. *Ten Arguments for Deleting Your Social Media Accounts Right Now*, "Dawn of the New Everything: Encounters with Reality and Virtual Reality", "Who Owns the Future?"

**Daniel Levitin**, Neuroscientist, Musician; "The Organized Mind -Thinking Straight in the Age of Information Overload"; http://www.daniellevitin.org/

**Professor David M. Levy**, School of Information, University of Washington and scholar in the transition from paper and print to digital; "Mindful Tech: How to Bring Balance to Our Digital Lives"

**Professor Cal Newport**, Georgetown University, "Digital Minimalism - Choosing a Focused Life in a Noisy World" and "Deep Work: Rules for Focused Success in a Distracted World" http://www.calnewport.com/

**David Ryan Polgar**, Esq., Pioneering Tech Ethicist and digital citizenship expert, co-host of "Funny as Tech" (podcast & live show), founder of "All Tech Is Human", a collaborative, multi-disciplinary hub for more thoughtfulness around technology and the course, "Digital Citizenship for Adults." www.davidpolgar.com

**Catherine Price**, "How to Break Up with Your Phone: The 30-Day Plan to Take Back Your Life"


**Professor Sherry Turkle**, MIT, Abby Rockefeller Mauzé Professor of the Social Studies of Science and Technology, Founding Director, MIT Initiative on Technology and Self; "Reclaiming Conversation: The Power of Talk in a Digital Age". https://sherryturkle.com/

**Dana Boyd, PhD**, "It's Complicated: The Social Lives of Networked Teens"; Data and Society, research institute on the social implications of data-centric technologies and automation (Microsoft supported); 2019 Electronic Frontier Foundation Award, http://www.danah.org/


**Professor Tim Wu**, Columbia Law School, "The Attention Merchants - The Epic Scramble to Get Inside Our Heads" http://www.timwu.org/


Select Articles:

Internet Addiction Affects 6% of the World’s Population, *Addiction.com*

Are Teenagers Replacing Drugs With Smartphones?, *New York Times*, Matt Richtel

Record Numbers of College Students Are Seeking Treatment for Depression and Anxiety — But Schools Can't Keep Up, *Time Magazine*
https://time.com/5190291/anxiety-depression-college-university-students/
Mentions the American College Health Association survey of 63,000 students at 92 schools finding 40% of college students were so depressed in the prior year it was difficult to function and 61% “felt overwhelming anxiety” in the same time period.

Generation Z: Online and at Risk?, *Scientific American*, Nicholas Kardaras, PhD
https://www.sciencemag.org/doi/10.1126/science.357.6354.377

Addicted to Screens?, *The New York Times*, October 6, 2019

'Digital Addiction' a Real Threat to Kids?, *The New York Times*
https://www.nytimes.com/2019/05/20/well/family/is-digital-addiction-a-real-threat-to-kids.html

10 Ways to Protect the Brain from Daily Screen Time, *Psychology Today*, Victoria Dunckley, MD

The Early Warning Signs of Screen Addiction, *Omega Recovery*
https://omegarecovery.org/the-early-warning-signs-of-screen-addiction/

Tech Diets Catch on With Apple Executives, Facebook Billionaires and Googlers

Is Your Child Overstimulated from Too Much Screen Time?, *Psychology Today*, Victoria Dunckley, MD

It’s ‘digital heroin’: How screens turn kids into psychotic junkies, *New York Post*, Nicholas Kardaras, PhD

Cal Newport on Why We'll Look Back at Our Smartphones Like Cigarettes, *GQ*

Steve Jobs Never Wanted Us to Use Our iPhones Like This, *New York Times*, The devices have become our constant companions. This was not the plan.

Screens In Schools Are a $60 Billion Hoax, *Time*, *Time Magazine*, by Nicholas Kardaras, PhD https://time.com/4474496/screens-schools-hoax/


"Tech Talk Tuesdays" Blog with *Screenagers* filmmaker and primary care physician, Delaney Ruston, MD, https://www.screenagersmovie.com/tech-talk-tuesdays


The Attention Diet https://markmanson.net/attention-diet


Nicholas Carr's dire warning: How technology is "making the world less interesting", *Salon* https://www.salon.com/2014/12/24/nicholas_carrs_dire_warning_how_technology_is_making_the_world_less_interesting/

Select Audios & Videos:


VIDEO: "Rethinking the Internet: How We Lost Control and How to Take It Back" May 3, 2019 https://www.youtube.com/watch?v=slsX_wihgCY
VIDEO: U.S. Senate Committee on Commerce, Science and Technology, Hearing on "Understanding the Use of Persuasive Technology on Internet Platforms", June 25, 2019

VIDEO: The World Is Not the Screen, with Nicholas Carr
https://www.youtube.com/watch?v=CF9S0qSbV-s

VIDEO: Victoria Dunckley, MD on "Electronic Screen Syndrome"
https://www.youtube.com/watch?v=YM8LQ-bPEOE

VIDEO: Victoria Dunckley, MD on "The Overstimulated Child"
https://vimeo.com/132159417

VIDEO: The late Stanford University Professor Clifford Nass, PhD on multi-tasking risks, renowned expert on computer-human interaction
https://vimeo.com/78101118


VIDEO: Joe Loizzo, MD, Weil Cornell Medical College & Columbia University Center for Buddhist Studies, on tech addiction: "Diseases of Distraction and Opportunities for Healing".
https://vimeo.com/78725443

VIDEO: Angeles Arrien, PhD, Interview with cultural anthropologist Angeles Arrien, PhD by Camilla Rees, MBA of Manhattan Neighbors for Safer Telecommunications.
https://vimeo.com/184519562

MOvie: "WEB JUNKIE" China was the first country in the world to classify internet addiction as a clinical disorder and like some other Asian countries has hundreds of digital detox programs. WEB JUNKIE is focused on Internet Addiction, highlighting treatments used in Chinese Rehab Centers, including military-inspired physical training.

VIDEO: "Doubling Down: Preserving Our Humanity in the Digital Age", Boston Museum of Science on March 26, 2019, with Jaron Lanier, Sue Halpern and Marcelo Gleiser
https://www.youtube.com/watch?v=8qpB9v-OrAU&feature=youtu.be

VIDEO: "Screen Addiction and Harm Occurring to Developing Children", Nicholas Kardaras, PhD, https://manhattanneighbors.org/kardaras/

VIDEO: "What You Need to Know About Internet Addiction" Dr. Kimberly Young, PsyD, Professor, St. Bonaventure University; Director, Center for Internet Addiction Recovery
https://www.youtube.com/watch?v=vOSYmLER664

AUDIO: CNET Book Club: Jaron Lanier on the future of VR and why we should all quit social media
Other Resources

**National Institute of Digital Health** ([www.USNIDH.org](http://www.USNIDH.org)) New non-profit (501-c-3) that provides education, prevention and treatment resources for schools, families and therapists. Founded by Dr. Nicholas Kardaras, PhD.

**Tristan Harris, Center for Humane Technology.** Focused on reversing human downgrading and realigning technology with humanity. [https://www.tristanharris.com/](https://www.tristanharris.com/)

**Screenagers Professional Development in Schools.** The "Screenagers" movie team is now offering a 6-hour, 3-part training module for professional development in schools. Contact Screenagers: [www.screenagers.com](http://www.screenagers.com)

**Paramount Wellness Institute, Health psychologist Brian Luke Seaward.** Stress management expert, best-selling author, award winning documentary producer on Nature, corporate wellness consultant and stress management educator for Fortune 500 companies, the U.S. military, elite athletes, television personalities and actors, as well as educator on screen addiction and the human spirit, digital detox and mindfulness. [https://www.brianlukeseward.com/about/](https://www.brianlukeseward.com/about/)

**Consciously Digital Consultancy (U.K.)** with Anastasia Dedyukhina, PhD, author of *"Homo Distractus"*, helping people and organizations have healthier relationship with technology. [www.consciously-digital.com](http://www.consciously-digital.com)

**Manhattan Neighbors for Safer Telecommunications.** Education on the physical and mental health effects of modern technologies, including risks from cell phones, Wi-Fi, wireless computer equipment and technologies, excessive screen time, too early technology use, antennas in neighborhoods, etc., as well as on how to minimize tech risks in homes, offices and schools. [www.manhattanneighbors.org](http://www.manhattanneighbors.org)

**Screenagers: Growing Up in the Digital Age - Resources.** Offer a range of valuable resources on subject ranging from internet addiction to school cell phone policies, screen time contracts, bullying, sleep and screens, etc. [https://www.screenagersmovie.com/resources-2](https://www.screenagersmovie.com/resources-2)

**Building Biology Institute.** Trains the general public and working professionals (architects, builders, engineers, interior designers, physicians, nurses, and other health care practitioners, real estate professionals, environmental consultants, etc.) on how to create healthy homes, schools and workplaces free of indoor air and tap water pollution and hazards posed by computers, and other electronic equipment, if not hard-wired. Referral list. [www.buildingbiologyinstitute.org](http://www.buildingbiologyinstitute.org)

**Common Sense Media.** A leading advisor on media and technology focused on families and schools. Research impact of media and tech use on children's physical, emotional, social, and intellectual development. Also, have focus on children's privacy and digital citizenry. Advise on movies and tv. [https://www.commonsensemedia.org](https://www.commonsensemedia.org)

Recovery Programs

**Launch House Wellness Center, New York City** (Fall 2019). Full mental health services specifically tailored for young adults age 17 and over, including the attendant screen addiction issues and "failure to launch" in young adults facing families today. [https://www.drkardaras.com/launch-house.html](https://www.drkardaras.com/launch-house.html)
Omega Recovery (Austin, TX) and Maui Recovery (Maui, Hawaii)
Multi-issue residential and outpatient addiction and recovery programs including intensive Technology Addiction and Nature immersion tracks for Internet, social media, video game and smart phones addiction. Co-founded by Nicholas Kardaras, PhD and former Google executive, David Naylor. https://mauirecovery.com/; https://omegarecovery.org/

reStart Internet Addiction Recovery Program, Bellevue, WA, Inpatient, 45 - 90-day outpatient and nationwide coaching re. internet addiction, video game addiction, gambling, virtual reality, augmented reality, screen time and social media use, and general tech addiction. www.restartlife.com


Center for Internet and Technology Addiction, David Greenfield, PhD, West Hartford, CT https://drdavidgreenfield.com/

Digital Media Treatment and Education Center, Tracy Markle, MA, LPC, Boulder, CO; https://digitalmediatreatment.com/

Dynamic Neural Retraining System™, Annie Hopper, Retreat-based, or home-based, natural, drug-free, neuroplasticity-based healing program improving brain function for conditions related to a chronic stress response and limbic system dysfunction. https://retrainingthebrain.com/

Digital Wellness Coaching Resources

Project Be, NYC, Anya Pechko, www.projectbe.com


Digital Wellness Collective, Los Angeles. International virtual collaboration of 85 digital wellness organizations across the globe sharing information and strategies for using and designing technology more thoughtfully. https://digitalwellnesscollective.com/team

Parenting Coaching Institute, Bellingham, WA, Gloria DeGaetano, https://www.thepci.org