




Introduction

One of the most fitting descriptions of technology is that it's a double-edged sword. On one hand, it can be an awesome blessing. Today, we are able to do our banking and manage our finances online. We can order our toilet paper and other necessities with the click of a button. We can expand our knowledge, research virtually anything, and explore the world via the internet.

We can shop online for luxury products and compare dozens of brands and prices from the comfort of our homes. We can communicate with people halfway across the globe and stay in touch with loved ones... and much, much more. On the other hand, there is a very sinister side to technology.

It can be a curse that can destroy our lives. This is because it's very easy to get addicted to it. When technology becomes an addiction that takes over your life, the consequences are no less serious than those related to drug or alcohol abuse. In fact, the scientific term for technology addiction is "digital abuse".

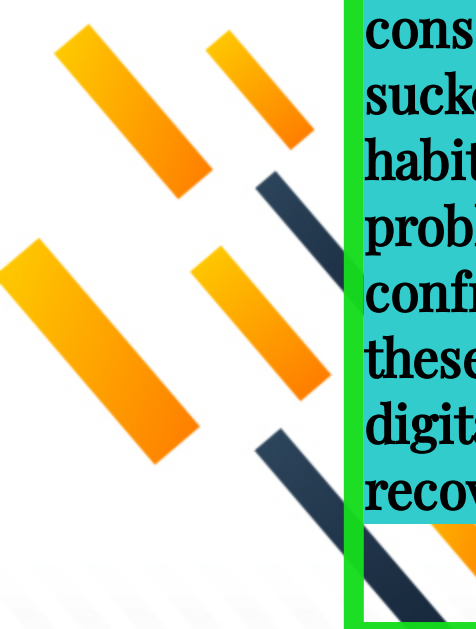




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Today, digital abuse has become recognized in medical and psychological circles as a serious condition. Consider these three brief facts based on surveys: • 81% of adults check their phones as soon as they wake up in the morning. • 70% of adults keep their phones next to their beds while they sleep. • 60% of adults admit that they have a technology addiction or are overly obsessed with technology. Do you think that you or someone you know is addicted to technology?

This book will reveal seven signs that indicate digital abuse. If you observe all or some of these signs, you need to take immediate action. Digital abuse, if left untreated, can have serious mental consequences. The deeper a person gets sucked in, the harder it is to break the habit. Acknowledging that you have a problem is the first step towards confronting it. Read on to find out what these telltale signs are and how regular digital detox can put you on the road to recovery.



Chapter 1: The Consequences of Digital Abuse

Digital abuse may not always be taken seriously or considered a real addiction. Should it really be equated with drug abuse, alcoholism, addiction to pornography, or gambling?

Absolutely. Because the seriousness of the consequences is the same.

The issue with any addiction lies in the control it has over you. It takes over your life so that almost everything you think or do revolves around it. You are always craving more, even when you know it's harming you.

The classic mantra "I can stop anytime I want to" is a sign that you need help.

And it's a mantra that many digital addicts repeat to themselves. Moreover, like any addiction, digital abuse has serious mental and physical consequences that are by no means trivial. These include: