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Titolo	I am a digital addict, now what? // Barbara Gottfried Hollander
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ISBN	1-5081-7201-3
Edizione	[First edition.]
Descrizione fisica	1 online resource (112 pages) : color illustrations
Collana	Teen life 411
Disciplina	616.85/8400835
Soggetti	Internet addiction in adolescence Internet addiction - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	What is digital addiction? -- Can you recognize digital addiction? -- Psychological causes and effects -- Types of addictions -- Are you a digital addict? -- Digital addiction treatment.
Sommario/riassunto	This educational resource defines the various issues that can arise for teens with access to smartphones, tablets, and other handy computerized devices. It provides ample resources for those who have a problem or know someone who needs their help.