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Sommario/riassunto	Technology is developing rapidly. It is an essential part of how we live our daily lives-in a mental and physical sense, and in professional and personal environments. Cybercognition explores the ideas of technology addiction, brain training, and much more. This text provides readers with a guide to understanding concepts related to the online world. It answers important questions: . What is the impact of digital technology on our learning, memory, attention, problem-solving, and decision making? . If we continue to use digital technology on a large scale, can it change the way we think? . Can human cognition keep up with technology? Suitable for students on Cyberpsychology and Cognitive Psychology courses at all levels, as well as anyone with an inquiring mind.