

# Irresistible The Rise Of Addictive Technology And

**A. N. Turner, Ben Beard**

**Irresistible** Adam Alter, 2017-03-07 “Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times.” —Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers* “One of the most mesmerizing and important books I’ve read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity.” —Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today’s products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children. Adam Alter’s previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

*Irresistible* Adam Alter, 2017 How many times have you checked your phone today? Why are messaging apps, email and social media so hard to resist? How come we always end up watching another episode? In recent years, media and technology have perfected the lucrative art of gaining and holding our attention. This extraordinary feat has changed the behaviour of billions of people, and especially the young, by current medical standards, we are experiencing an unprecedented, global pandemic of addiction. But what exactly is an addiction and what, if anything, might we do about it? From cliff-hangers to earworms, from religion to pornography, and from the awesome allure of the 'Kim Kardashian Hollywood' app to the unexpected benefits of the 'butt-brush effect', *Irresistible* blends fascinating stories with ingenious

science to explain how and why we all got hooked.

**Drunk Tank Pink** Adam Alter, 2013-03-21 A New York Times bestseller! A revelatory look at how our environment unconsciously yet dramatically shapes the judgments and decisions we make every day Most of us go through life believing that we are in control of the choices we make—that we think and behave almost independently from the world around us. But as *Drunk Tank Pink* illustrates, the truth is our environment shapes our thoughts and actions in myriad ways without our permission or even our knowledge. Armed with surprising data and endlessly fascinating examples, Adam Alter addresses the subtle but substantial ways in which outside forces influence us—such as color’s influence on mood, our bias in favor of names with which we identify, and how sunny days can induce optimism as well as aggression. *Drunk Tank Pink* proves that the truth behind our feelings and actions goes much deeper than the choices we take for granted every day.

*A Thinking Person’s Guide to Our Times* H.R.H. Prince Ghazi Bin Muhammad, 2020 The present book aims to take on this challenge by looking at the major problems from these various aspects, as just mentioned. Obviously, one short book can hardly address all these problems and suggest solutions without certain simplifications and potentially controversial assertions. Nevertheless, it can hope to present a systematic analysis and suggested prognosis based on a coherent philosophy. As indicated above, nothing is more needed in our times, and second to spiritual weakening, the greatest problem of all facing the Islamic World (and indeed the whole world) is lack of understanding of the true natures and essences of things. This book examines ‘our times’ from an Islamic philosophical worldview, looking at the problems facing the Islamic World in the near past, present and future respectively in three mutually complementary parts. At the end of each part, it suggests holistic and easily applied remedies to the problems it examines. In other words (and for those who enjoy sonorous German and Greek philosophical terms) it examines the *Zeitgeist* from the *Weltanschauung* of Islam and suggests panaceas. Prince Ghazi bin Muhammad has written a number of books and guides for thinking people, and this small but potent work before you sums up many of his most keen and cogent insights and conclusions; for that reason, this may be his most impactful and motivational work to date.

*Glow Kids* Nicholas Kardaras, 2016-08-09 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. But at what cost? Is this just a harmless indulgence or fad like some sort of digital hula-hoop? Some say that glowing screens might even be good for kids—a form of interactive educational tool. Don’t believe it. 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. And a growing mountain of clinical research correlates screen tech with disorders like ADHD, addiction, anxiety, depression,

increased aggression, and even psychosis. Most shocking of all, recent brain imaging studies conclusively show that excessive screen exposure can neurologically damage a young person's developing brain in the same way that cocaine addiction can. Kardaras will dive into the sociological, psychological, cultural, and economic factors involved in the global tech epidemic with one major goal: to explore the effect all of our wonderful shiny new technology is having on kids. Glow Kids also includes an opt-out letter and a quiz for parents in the back of the book.

Teaching Children Ann El-Moslimany, 2018-01-01 The author explores education from the essential principles of Tawhid (Oneness of God, humanity, knowledge); fitrah (concept of human nature); and the role of humans as vicegerents of God on earth (responsibility and stewardship). The current education system dates back a hundred years or more, and is in desperate need of a 'reboot'. In developing the industrialized society, the education system itself became like a factory, the end product being pupils who merely regurgitate facts, and themselves end up as cogs in the machine that is the wider industrial complex. The legacy of this is a soulless 'functional' educational system that fails to develop pupils to meet the present and future needs of individuals and their expectations. This failure inevitably impacts on society and humanity at large. Society has long since moved beyond the industrial revolution and into an age of global connectedness where the sum of human knowledge is freely available via the internet. It is an age where people are generally more well informed and on a variety of issues. An effective holistic educational philosophy is required, one that gives full spiritual meaning to all that a child learns. It should equip children with spiritual awareness, morals and values, social responsibility and accountability, self-discipline and self-determination, self-confidence and empowerment, ambition and aspiration tempered with thoughtfulness and a sense of gratitude.

How to Break Up With Your Phone Catherine Price, 2018-02-08 'If you are a human being and you own a smartphone, you need this book.' Jonathan Haidt, author of *The Anxious Generation* Is your phone the first thing you reach for when you wake up? And the last thing you see before you sleep? Do you find the hours slip away as you idly scroll through your social media timeline? In short, are you addicted to your phone? If so, *How to Break Up with Your Phone* is here to help. *How to Break Up With Your Phone* is a smart, practical and useful plan to help you conquer your mobile phone addiction in just 30 days - and take back your life in the process. Recent studies have shown that spending extended time on our phones affects our ability to form new memories, think deeply, focus and absorb information, and the hormones triggered every time we hear our phones buzz both add to our stress levels and are the hallmark signs of addiction. In *How to Break Up with Your Phone*, award-winning science journalist Catherine Price explores the effects that our constant connectivity is having on our brains, bodies, relationships, and society at large and asks, how much time do you really want to spend on your phone? Over the course of 30 days, Catherine will guide you through an easy-to-follow plan that enables you to identify your goals, priorities and bad habits, tidy your apps, prune your email, and take time away. Lastly, you will create a new, healthier relationship

with your phone and establish habits and routines to ensure this new relationship sticks. You don't have to give up your phone forever; instead you will be more mindful not only of how you use your phone, but also about how you choose to spend the precious moments of your life.

**Technological Addictions** Petros Levounis, M.D., M.A., James Sherer, M.D., 2021-07-08 Technological Addictions is the first guide designed to provide insight and strategies to clinicians, patients, and families grappling with the collateral damage of technology's pervasiveness and pull. Mental health professionals are beginning to understand that video games, online pornography, internet gaming, internet gambling, and other technological pastimes can be every bit as addictive as substances such as alcohol, tobacco, and illicit drugs. Editor Petros Levounis is among the foremost experts on addiction and, together with coeditor James Sherer and a roster of prominent contributors, has created a groundbreaking book that emphasizes the lived reality of the people who struggle with these addictions every day. In 10 rigorous yet down-to-earth chapters, the book explores the psychological and cultural context of each technology and related behavior, from social media to cybersex, and examines thoroughly the difference between healthy engagement with technology and addiction. This discussion premised on the understanding that technology should not be rolled back or restricted but is an increasingly beneficial and even necessary part of modern life. Two chapters specifically focus on the way technology addictions impact particular populations, such as children and adolescents and older adults. Addiction to technology does not discriminate; no preexisting psychological or physical conditions are required, and everyone is susceptible. Technological Addictions provides guidance found nowhere else, guidance that both clinicians and laypeople will find useful and compelling--

**How To Fly A Horse** Kevin Ashton, 2015-01-29 WINNER OF THE 800-CEO-READ BUSINESS BOOK OF THE YEAR 2015 In the vein of Susan Cain's QUIET and Malcolm Gladwell's DAVID AND GOLIATH, HOW TO FLY A HORSE is a smart, empowering book that dispels the myths around genius and creativity. There is a myth about how something new comes to be; that geniuses have dramatic moments of insight where great things and thoughts are born whole. Symphonies are composed complete. Science is accomplished with eureka shrieks. Businesses are built by magic touch. The myth is wrong. Anyone can create. Acclaimed technology pioneer Kevin Ashton takes us behind the scenes of creation to reveal the true process of discovery and how 'new' comes to be. From Archimedes to Apple, from Kandinsky to the Coke can, from the Wright brothers - who set out to 'fly a horse' - to Woody Allen, he exposes the seemingly unremarkable individuals, gradual steps, multiple failures and countless ordinary and often uncredited acts that led to our most astounding breakthroughs.

**Tech Addiction** The New York Times Editorial Staff, 2019-12-15 The digital world is omnipresent. The rise of the Internet, smartphones, video games, and dating apps have provided people with more information, entertainment, and communication than ever before. While technology continues to develop at breakneck speed, its results are not always positive. Addiction to the tech world has resulted in serious mental health problems, overuse injuries, privacy challenges, and

worry on the part of parents and other adults about its long-term effects. With the aid of media literacy questions and terms, this collection of thought-provoking and educational New York Times articles helps readers take a critical look at the tech phenomenon.

**The Dumbest Generation** Mark Bauerlein, 2008-05-15 This shocking, surprisingly entertaining romp into the intellectual nether regions of today's underthirty set reveals the disturbing and, ultimately, incontrovertible truth: cyberculture is turning us into a society of know-nothings. The Dumbest Generation is a dire report on the intellectual life of young adults and a timely warning of its impact on American democracy and culture. For decades, concern has been brewing about the dumbed-down popular culture available to young people and the impact it has on their futures. But at the dawn of the digital age, many thought they saw an answer: the internet, email, blogs, and interactive and hyper-realistic video games promised to yield a generation of sharper, more aware, and intellectually sophisticated children. The terms "information superhighway" and "knowledge economy" entered the lexicon, and we assumed that teens would use their knowledge and understanding of technology to set themselves apart as the vanguards of this new digital era. That was the promise. But the enlightenment didn't happen. The technology that was supposed to make young adults more aware, diversify their tastes, and improve their verbal skills has had the opposite effect. According to recent reports from the National Endowment for the Arts, most young people in the United States do not read literature, visit museums, or vote. They cannot explain basic scientific methods, recount basic American history, name their local political representatives, or locate Iraq or Israel on a map. *The Dumbest Generation: How the Digital Age Stupefies Young Americans and Jeopardizes Our Future* is a startling examination of the intellectual life of young adults and a timely warning of its impact on American culture and democracy. Over the last few decades, how we view adolescence itself has changed, growing from a pitstop on the road to adulthood to its own space in society, wholly separate from adult life. This change in adolescent culture has gone hand in hand with an insidious infantilization of our culture at large; as adolescents continue to disengage from the adult world, they have built their own, acquiring more spending money, steering classrooms and culture towards their own needs and interests, and now using the technology once promoted as the greatest hope for their futures to indulge in diversions, from MySpace to multiplayer video games, 24/7. Can a nation continue to enjoy political and economic predominance if its citizens refuse to grow up? Drawing upon exhaustive research, personal anecdotes, and historical and social analysis, *The Dumbest Generation* presents a portrait of the young American mind at this critical juncture, and lays out a compelling vision of how we might address its deficiencies. *The Dumbest Generation* pulls no punches as it reveals the true cost of the digital age—and our last chance to fix it.

**The One Device** Brian Merchant, 2017-06-22 The secret history of the invention that changed everything and became the most profitable product in the world. Odds are that as you read this, an iPhone is within reach. But before Steve Jobs

introduced us to 'the one device', as he called it, a mobile phone was merely what you used to make calls on the go. How did the iPhone transform our world and turn Apple into the most valuable company ever? Veteran technology journalist Brian Merchant reveals the inside story you won't hear from Cupertino - based on his exclusive interviews with the engineers, inventors and developers who guided every stage of the iPhone's creation. This deep dive takes you from inside 1 Infinite Loop to nineteenth-century France to WWII America, from the driest place on earth to a Kenyan pit of toxic e-waste, and even deep inside Shenzhen's notorious 'suicide factories'. It's a first-hand look at how the cutting-edge tech that makes the world work - touch screens, motion trackers and even AI - made its way into our pockets. The One Device is a road map for design and engineering genius, an anthropology of the modern age and an unprecedented view into one of the most secretive companies in history. This is the untold account, ten years in the making, of the device that changed everything.

*The Happiness Effect* Donna Freitas, 2017 Sexting. Cyberbullying. Narcissism. Social media has become the dominant force in young people's lives, and each day seems to bring another shocking tale of private pictures getting into the wrong hands, or a lament that young people feel compelled to share their each and every thought with the entire world. Drawing on a large-scale survey and interviews with students on thirteen college campuses, Freitas finds that what young people are overwhelmingly concerned with--what they really want to talk about--is happiness. The Happiness Effect is an eye-opening window into their first-hand experiences of social media and its impact on them.

**A Public Missiology** Gregg Okesson, 2020-04-21 How can Christians witness to the complexity of our world? Gregg Okesson shows that local congregations are the primary means of public witness in and for the world. As Christians move back and forth between their churches and their neighborhoods, workplaces, and other public spaces, they weave a thick gospel witness. This introduction to public missiology explains how local congregations can thicken their witness in the public realms where they live, work, and play. Real-life examples from around the world help readers envision approaches to public witness and social change.

**The Comfort Crisis** Michael Easter, 2021-05-11 Discover the evolutionary mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild—from the New York Times bestselling author of *Scarcity Brain*. “If you’ve been looking for something different to level up your health, fitness, and personal growth, this is it.”—Melissa Urban, Whole30 CEO and author of *The Book of Boundaries* “Michael Easter’s genius is that he puts data around the edges of what we intuitively believe. His work has inspired many to change their lives for the better.”—Dr. Peter Attia, author of *Outlive* In many ways, we’re more comfortable than ever before. But could our sheltered, temperature-controlled, overfed, underchallenged lives actually be the leading cause of many our most urgent physical and mental health issues? In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who are unlocking the life-enhancing secrets of a counterintuitive

solution: discomfort. Easter's journey to understand our evolutionary need to be challenged takes him to meet the NBA's top exercise scientist, who uses an ancient Japanese practice to build championship athletes; to the mystical country of Bhutan, where an Oxford economist and Buddhist leader are showing the world what death can teach us about happiness; to the outdoor lab of a young neuroscientist who's found that nature tests our physical and mental endurance in ways that expand creativity while taming burnout and anxiety; to the remote Alaskan backcountry on a demanding thirty-three-day hunting expedition to experience the rewilding secrets of one of the last rugged places on Earth; and more. Along the way, Easter uncovers a blueprint for leveraging the power of discomfort that will dramatically improve our health and happiness, and perhaps even help us understand what it means to be human. *The Comfort Crisis* is a bold call to break out of your comfort zone and explore the wild within yourself.

*The Writer's Way* Jack Rawlins, Stephen Metzger, 2011-01-01 Based on a whole language approach, *THE WRITER'S WAY* is a dynamic, process-centered paperback rhetoric with readings. This text recognizes that students learn best by doing, and writers learn best when inspired by compelling reasons to write, aided by strong examples, and reinforced by immediate personal rewards. With frank advice offered in a supportive, encouraging tone, Rawlins and Metzger lead students step by step through the writing process, from pre-writing to polishing the final draft. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

*Trapped In The Web* A. N. Turner, Ben Beard, 2018-11-15 Part manifesto, part autobiography, part self-help roadmap, *Trapped In The Web* is a concise, essential guide to porn and social media addiction written for young adults and anyone else suffering at the hands of the Internet.

*The Tech-Wise Family* Andy Crouch, 2017-04-18 Making conscientious choices about technology in our families is more than just using internet filters and determining screen time limits for our children. It's about developing wisdom, character, and courage in the way we use digital media rather than accepting technology's promises of ease, instant gratification, and the world's knowledge at our fingertips. And it's definitely not just about the kids. Drawing on in-depth original research from the Barna Group, Andy Crouch shows readers that the choices we make about technology have consequences we may never have considered. He takes readers beyond the typical questions of what, where, and when and instead challenges them to answer provocative questions like, Who do we want to be as a family? and How does our use of a particular technology move us closer or farther away from that goal? Anyone who has felt their family relationships suffer or their time slip away amid technology's distractions will find in this book a path forward to reclaiming their real life in a world of devices.

**The Psychology of Habit** Bas Verplanken, 2018-10-30 This unique reference explores the processes and nuances of human habits through social psychology and behavioral lenses. It provides a robust definition and theoretical framework for habit as well as up-to-date information on habit measurement, addressing such questions as which mechanisms are involved

in habitual action and whether people can report accurately on their own habits. Specialized chapters pay close attention to how habits can be modified, as well as widely varying manifestations of habitual thoughts and behaviors, including the mechanisms of drug addiction and recovery, the repetitive characteristics of autism, and the unwitting habits of health professionals that may impede patient care. And across these pages, contributors show the potential for using the processes of maladaptive habits to replace them with positive and health-promoting ones. Throughout this volume attention is also paid to the practice of conducting habit research. Among the topics covered: Habit mechanisms and behavioral complexity. Complexities and controversies of physical activity habit. Habit discontinuities as vehicles for behavior change. Habits in depression: understanding and intervention. A critical review of habit theory of drug dependence. Questions about the automaticity of habitual behaviors. The Psychology of Habit will interest psychologists across a wide spectrum of domains: habit researchers in broader areas of social and health psychology, professionals working in (sub)clinical areas, interested scholars in marketing, consumer research, communication, and education, and public policymakers dealing with questions of behavioral change in the areas of health, sustainability, and/or education.

**Zucked: Waking Up to the Facebook Catastrophe** Roger McNamee, 2019-02-05 This is the dramatic story of how a noted tech venture capitalist, an early mentor to Mark Zuckerberg and investor in his company, woke up to the serious damage Facebook was doing to our society and set out to try to stop it.

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