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iDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold on Us Larry D. Rosen 256 pages Non-Fiction  
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This book is a reminder that real changes are occurring in our brains and we need to be aware of them, writes Melanie Conroy. iDisorder: Understanding our Obsession with Technology and Overcoming its Hold on Us. Larry Rosen, Nancy Cheever, and Mark Carrier.

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media and technology resulting in signs and symptoms of psychological disorders - such as stress, sleeplessness, and a compulsive need to check in with all of your technology.

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Larry Rosen, iDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold On Us (Palgrave Macmillan, 2012, 246 pages). The Western world's relationship with technology is "enmeshed," as Dr Larry Rosen argues in his book iDisorder, and as such, it "can cause significant problems in our psyche" (p. 4).

## **iDisorder | Humanum Review**

These are the central issues in Rosen's new book, iDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold on Us. Coauthored by fellow psychologists Nancy A. Cheever and L. Mark Carrier, iDisorder is a perceptive, thoughtful look into the world of modern technology, focusing on those that are primarily communicative.



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iDisorder: changes to your brain's ability to process information and your ability to relate to the world due to your daily use of media and technology resulting in signs and symptoms of...

## **iDisorder: Understanding Our Obsession with Technology and ...**

In his latest book called i-Disorder: understanding our obsession with technology and overcoming its hold on us he draws on his many years of research and warns that we are all at risk of developing symptoms of psychological disorders as a result of the way we are now using technology and social media.

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