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In Glow Kids by Dr. Nicholas Kardaras, he builds the persuasive case that screen addiction is hijacking our kids and that parents need to break the trance. Citing a plethora of studies correlating technology with disorders like ADHD, depression, and aggression, Kardaras establishes the profound consequences of screens on children's brains.

How to Stop Screen Addiction: A Review of Glow Kids

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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 ...

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