



## Obsession: Freeing Yourself from Social Media Disorder (Paperback)

By M a L M F T Seyedeh Tina Sadri

Rosedog Books, 2016. Paperback. Condition: New. Annotated edition. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.There is a real epidemic of social media addiction in this country and abroad - wherever anyone has access to the Internet. When a British youth tries to kill himself because he cannot take the perfect selfie, we know humankind has crossed a line into dangerous and toxic territory. Beneath the surface topic of social media disorder, this book is really about self-esteem related disorders that lead to over-reliance on outside validation. Because it is new and pervasive, especially to a young generation raised under its influence and never knowing anything different, social media is the main culprit for behavior disorders plaguing otherwise balanced individuals. This book explores the outer extremes of the disorder and then furnishes several important, yet simple, processes by which to restore psychological balance. Social Media is a positive tool in our lives when used properly. This book serves as a guide on how to interact with social media in a healthy way. People are becoming more and more obsessed with communicating an idealized version of themselves to strangers and creating an electronic ghost personality that exists only...



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