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**Glow Kids How
Screen Addiction**

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

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dopaminergic
(dopamine activating)
to the brain's pleasure
center as sex.

**Glow Kids: How
Screen Addiction Is
Hijacking Our Kids ...**

Glow Kids: How Screen
Addiction Is Hijacking
Our Kids -- And How to
Break the Trance. by.
Nicholas Kardaras

(Goodreads Author)

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reviews. We've all seen

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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.

Glow Kids: How Screen Addiction Is Hijacking Our Kids ...

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Glow Kids: How Screen Addiction Is Hijacking Our Kids ...

Glow Kids: How Screen Addiction Is Hijacking Our Kids-and How to Break the Trance • Be knowledgeable parents who set screen limits when necessary at home • Don't fall into the "Do as I say, not as I do" trap • Be active in observing and/or limiting computer exposure in our

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Addiction Is
children's classrooms •
... Hijacking Our

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stimulating glowing screens are as dopaminergic (dopamine activating) to the brain's pleasure center as sex.

Glow Kids | Nicholas Kardaras | Macmillan

The book Glow Kids: How Screen Addiction Is Hijacking Our Kids—and How to Break the Trance deals with the effects screens have on children, their

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developing brains,
social skills and
personalities. For
anyone who
acknowledges that
modern technology is
not a panacea, this
book gives examples
and proof to back it up.

Who Are the Glow Kids? Review of Dr. Nicholas Kardaras ...

Yahoo News and
Finance Anchor Bianna
Golodryga sat down
with psychotherapist

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and addiction specialist
Nicholas Kardaras,
author of *Glow Kids:
How Screen Addi...*

Glow kids: Beware of the screen - YouTube

From addiction expert
Dr. Nicholas Kardaras,
a startling argument
that technology has
profoundly affected the
brains of children—and
not for the better.

We've all seen them:
kids hypnotically

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staring at glowing screens in restaurants, in playgrounds and in friends' houses—and the numbers are growing.

Dr. Kardaras - Dr. Nicholas Kardaras

His book “ Glow Kids: How Screen Addiction Is Hijacking Our Kids — and How to Break the Trance ” (St. Martin’s) is out now. Filed under addiction, books, children, psychology,

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technology, 8/27/16

**It's 'digital heroin':
How screens turn
kids into ...**

Nicholas Kardaras
writes about
technology
dependence in his
book *Glow Kids: How
Screen Addiction Is
Hijacking Our
Kids—and How to
Break the Trance*.
According to Kardaras,
addiction in general is
“less about the

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particular substance or behavior than about the underlying perfect storm of genetic, psychological, environmental and neurobiological factors that make a person ripe for addiction.”

Teens and Addiction to Technology | Newport Academy

In Glow Kids Dr. Nicholas Kardaras, a psychiatrist specializing in youth

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and addictions and a recovering addict himself, shows how the glowing screens that hold such appeal even for us adults can physically alter the developing brains of our kids, leading to 'a whole host of clinical disorders and a digitally induced adolescent malaise.'

(5)

**Glow Kids by
Nicholas Kardaras -**

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The Curriculum Choice

Nicholas Kardaras' book, *Glow Kids: How Screen Addiction is Hijacking Our Kids And How To Break The Trance*, published on August 9, 2016, delves into the topic of too much screen time and its effects on children. Kardaras is a psychotherapist, the executive director of the Dunes East Hampton, and an

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assistant professor at
Stony Brook University.

**Screen Addictions
and "Glow Kids" -
Yahoo! News
Discussion**

Nicholas Kardaras,
author of Glow Kids:
How Screen Addiction
Is Hijacking Our Kids,
claims, "I've worked
with hundreds of
heroin addicts and
crystal meth addicts,
and what I can say is
that it's easier to treat

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a heroin addict than a
true screen addict.”

The Scary Side Effects Of Screen Addiction

Addiction is tied to the release of dopamine in the brain, explains Nicholas Kardaras, PhD, author of Glow Kids: How Screen Addiction Is Hijacking Our Kids — and How to Break the Trance. The more dopamine an activity or substance

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triggers, the more
addictive it is.

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