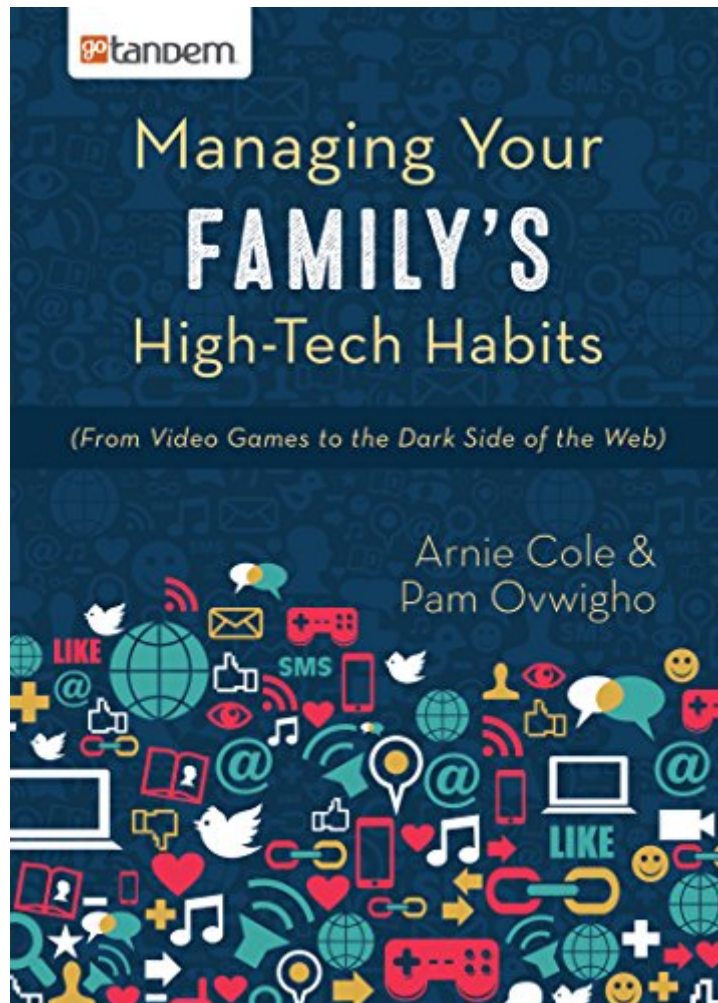


## The book was found

# Managing Your Family's High-Tech Habits: (From Video-Games To The Dark Side Of The Web)



## Synopsis

Most families are riding the wave of high-tech gadgets, rarely considering its negative consequences: increased stress, a disconnected isolation, a loneliness, bad habits and behaviors, and dangerous addictions. *Managing Your Family's High-Tech Habits* helps you sort through the promise and the pitfalls of virtual living, showing you how to navigate social media choices and set healthy boundaries. Various chapters address hot-button issues: why boys get hooked on video games; why our daughters practically live on their cell phones; what to do when families are caught in the dark side of the web.

## Book Information

File Size: 1794 KB

Print Length: 194 pages

Page Numbers Source ISBN: 1630583731

Publisher: GoTandem (June 1, 2015)

Publication Date: June 1, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00XDJ5XC0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #124,550 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74

in Books > Computers & Technology > Computer Science > Human-Computer Interaction #118  
in Kindle Store > Kindle eBooks > Religion & Spirituality > Christian Books & Bibles > Christian Living > Family #481 in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Parenting

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