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Video Game Addiction: The Cure To The Game Addiction (Addiction Recovery, Addictions, Video Game Addiction, Online Gaming Addiction)



Synopsis

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Customer Reviews

good information. If you need to know the history of video games and their addictive nature, this is a good book to start with. It explains how for many people video games can become a replacement for social interaction when you are living low on the social ladder. It highlights a lot of the problems associated with addiction to games and it's clear that the author wants you to take charge of your

life and eliminate these addictions somehow. The book could get you thinking if you need to eliminate some of your bad habits. With that said, I also like how the book points out benefits of video games, such as stress relief, social interaction such as for multiplayer games, education and some other stuff. If you enjoy video games, it's best to enjoy in moderation and find other things in life that will actually benefit you more than a boost in positive feelings from serotonin and dopamine.

For most young people, playing games on a computer, video game console, or handheld device is just a regular part of the day. Most are able to juggle the multiple demands of school, sports, work or chores, and family life. Gaming becomes an addiction when it starts to interfere with a person's relationships or their pursuit of other goals, such as good grades or being a contributing member of a sports team. In this book you will learn ways on how to treat and control your video game addiction. Treatment for video game addiction is similar to that for other addictions. Counseling and behavior modification are the primary means of treating addicted gamers. Together, individual and family counseling are powerful treatment tools. Some treatment facilities incorporate medication in their programs. This is truly an informative book and very helpful and I recommend this book.

Our generation today has been all about technology and part of that technology is the growing industry of videogames. Whether it's computer games or smartphone games, the influence it had on us especially to teenagers and kids is tremendous. It really has a negative effects physically, emotionally, mentally and socially. I like that an author finally acknowledged this growing problem. The book has everything you need to stop yourself or someone from getting so addicted to video games. While it is cool to entertain yourself playing those games, overusing of it is not advisable. I think the author has addressed this issue properly and the things mentioned here can really help those who wanna change their lifestyle.

Many of us are suffering of VGA but most of use are not aware. It's hard to accept but once you get hooked with a video game or online games, it's difficult to stop. It has become a trend. I think the competitiveness within us would always want to play better than others in a game that can push us to play more and more. When I started seeing this trait to my kid, I know I need to learn how it can be manage. This book has provided me the information that will be helpful for my case. There are good tips and strategies here that I can apply at home and hopefully, It can work effectively. I like this book a lot because of its purpose. It is useful and I am glad to have found it.

Let's admit that we are now all living in a world of technology. Innovations happen around us and it is not difficult to anticipate and get hooked to the new products being showcased to us. This book will enlighten you so much about this addiction that probably you and your family members have already been experiencing. This is a very informative book where you can learn about managing your addiction to online games or video games. Some might find this activity relaxing, so might not agree but either way, you need to know when to manage your behavior towards it. It can really be fun and amusing, but too much of everything can be destructive as well. Learn the details through this book. It is a good reference especially for those with kids. A very good guide to have.

Video games are an essential part of our lives. They provide entertainment, education, and/or social connection, so as long as they are played in moderation, they shouldn't be regarded as something negative. However, some people are unable to control themselves and they get immersed into this virtual world of entertainment so much that they lose track of reality. They center their lives around a video game and they end up neglecting their daily responsibilities. Video game addiction is real and potentially harmful, so if you fell into that trap or know someone who did, I strongly encourage you to get this book and start taking measures.

This manual has shared valuable data about how to decrease playing timing and wastage of time so exhibited ceremony through directions and motivational tips that can control your this habit of playing and makes you dynamic. The author has shared the cure of this fixation through tips and methodologies which helps in controlling this dependence of playing computer games. The author has cleared so intentionally the reasons of playing and getting idle yet through directions helps in dodging wastage of time and spend entire day effectively.

I believe that in order to stop something that can ruin one's life, we need to understand why and where it all started. That's exactly what this book has shown us. We need to know what is the root cause of being addicted to video games. I myself in the past, was once an addict of video games. I spend a lot of time playing together with my cousins. Although I was able to stop it, I just want those who are experiencing this addiction to make a move before it's too late and I think this book is the first step.

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