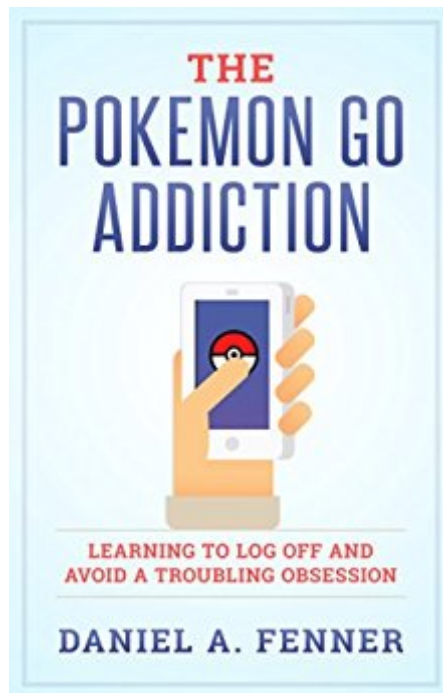


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# The Pokemon Go Addiction: Learning To Log Off And Avoid A Troubling Obsession



## Synopsis

Playing with Pokemon Go might sound fun at first but it can be destructive to your life after a while. The game can take over every waking hour of your when you become obsessed and addicted to the game. However, this does not mean that you have to fall victim to the pitfalls of an addiction to Pokemon Go. This guide will help you learn all about the effects of an addiction to the game and how such an issue can develop in your life. You will also learn about what you can do to keep an addiction to Pokemon Go from taking over your life. You will learn about the many habits and activities you can consider when finding a way to get over your addiction. This includes a look at what you can do to keep cravings under control and how you can manage technology the right way. The solutions listed here are certainly designed to help you improve your life and to give you the most out of it. You will also learn about the issues that come with professional help. These include problems that may make recovering from an addiction expensive, not to mention potentially harder for you to handle on your own. Tags: Pokemon GO, Mobile Game, Game abuse, Addiction Recovery, Smartphone Addiction, Game Addiction, Online Gaming Addiction

## Book Information

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## Customer Reviews

This was a good book, easy to read, and long enough to cover the essentials of Pokeman addiction and how to combat it. It's the sort of book which is ideal for a young person who needs to set down

the device or anyone who can't stay away from the the internet. Most of the advice is general advice that applies to all addictions. I found it valuable and will be incorporating some of the tips in my own life since I spend way too much time online. Worth buying for your son or daughter if they're around the age where they're just getting online and are susceptible to getting addicted to their smart phones.

Another new addiction to the world. This book can be used for almost all technical addictions like internet,youtube, games etc.I liked a few things about this kindle. It is short, one sitting reading. It provides various ways to control and overcome this addiction. I personally liked two of them- avoiding websearches and avoiding checking updates. All other suggestions are sensible, practical to a large extent, but I doubt whether a true already addicted can really do some. It will be helpful before one become addict.If you have a feeling that you are becoming addicted to Pokemon go or any other game, it will be useful in introducing you various ways to get over with addiction.

Pokemon Go took the gaming platform to a whole new level. This book goes into detail how an individual can prevent simple things that basically turn into additions in the long run. Well written book!

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