

Synopsis

Most families are riding the wave of high-tech gadgets, rarely considering its negative consequences: increased stress, disconnected isolation, 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.

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Habits: How to Develop Strong, Positive Habits Into Your Life for Long Lasting Change (Habits, Daily Routines, Exercise Habits, Habit Stacking, Mindset)
Hoyle's Rules of Games: The Essential Family Guide to Card Games, Board Games, Parlor Games, New Poker Variations, and More

Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating)
Video Games Memes: Funny Video Games Memes, Jokes and Funny Pictures! (Lol Memes for Gamers) Nintendo, COD, Clash of Clans, Super Mario Memes plus more! Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble, Unscramble Word)
Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better)
High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI)
Developing Your Video Poker Money Management System: How To Manage Your Video Poker Play To Enhance Your Income (or to cover your a**!) Make: Like The Pioneers: A Day in the Life with Sustainable, Low-Tech/No-Tech Solutions The Upside of Your Dark Side: Why Being Your Whole Self - Not Just Your "Good" Self - Drives Success and Fulfillment The Game Inventor's Guidebook: How to Invent and Sell Board Games, Card Games, Role-Playing Games, & Everything in Between! How to Win Games and Beat People: Demolish Your Family and Friends at over 30 Classic Games with Advice from an International Array of Experts Dark Psychology 101: Learn The Secrets Of Covert Emotional Manipulation, Dark Persuasion, Undetected Mind Control, Mind Games, Deception, Hypnotism, Brainwashing And Other Tricks Of The Trade Python: Learn Web Scraping with Python In A DAY! - The Ultimate Crash Course to Learning the Basics of Web Scraping with Python In No Time (Web Scraping ... Python Books, Python for Beginners) Dark Fetishes Vol. 1 : (DARK EROTICA): Taboo Erotica (DARK EROTICA SERIES) The Gospels Side-by-Side Side by Side: Student Book 1, Third Edition Side by Side Book 1 (Bk. 1) Low Carb Cookies: 23 Best Low Carb Cookie Recipes To Maintain Your Healthy Eating Habits: (low carbohydrate, high protein, low carbohydrate foods, low ... Ketogenic Diet to Overcome Belly Fat)

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