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Hooked Overcoming Social Media Addiction

Best-selling author and researcher David Gillespie, who's new book is called Brain Reset, discusses how our modern society is wreaking havoc with our dopamine levels.

*Yes, science says you
literally are addicted to
social media*

A young politician who battled mental health struggles is promoting healthy, positive screen usage by sharing her experiences through a new digital resource.

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Young politician beat social media addiction to help keep kids safe online

There is a new minority online: those who don't have any – or very limited – traction with social media platforms. What does it mean ...

Meet the social media hermits

I'm desperately in need of your advice. I've been married to my husband for 16 years; we've been together 20 years. We'd always had a decent sex life ...

Dear Annie: Online habit has become an addiction

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We all know that alcohol addiction is a huge obstacle in society. It's a condition that affects people of every age, gender and background. One thing you may not have considered, though, is how ...

Can alcohol addiction be passed onto others?

I'd rather have gone out on a champagne bender or bet the house on a poker game than let myself be undone by an addiction to social media.

My Twitter Rehab

Unfortunately, many people who otherwise would have little use for the medium

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have become hooked ...

“addiction” refers as much to one’s ability to properly manage the usage of social media ...

Communications boon has turned into addiction bane
People don’t find the mystery as mysterious because they feel they have that access.” Certainly, autograph hunting today is a different game. Teenage collectors are rare, with buyers focused on ...

‘Autograph hunting was my addiction’

Jada Pinkett Smith has been showered with compliments after she revealed to fans

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that she had shaved off her hair after encouragement from her daughter, Willow Smith ...

Jada Pinkett Smith unveils striking transformation as she shaves her hair off

NFL reporter Ryan Burr caused a stir Tuesday when he said Ben Roethlisberger is on a diet stricter than Tom Brady's. But the truth is, concerns about Roethlisberger's fitness have always been ...

Concerns about Ben Roethlisberger's fitness have always been overblown
Annie Lane offers advice to a reader who has lost her

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self-confidence since
learning her husband has
been watching porn online
...

*Dear Annie: My husband's
online porn habit has ruined
our sex life*

Hopefully, he'll be open to
seeking help overcoming this
addiction, through
counseling ... from either
her bank or the site. No
social media site is safe
from scammers.

When habit becomes addiction
Sober App's Lineup of
Exclusive Interviews
Includes Celebrities,
Athletes, Musicians,
Authors, Entrepreneurs,

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Addiction Experts, and
Others Sharing Stories of
Addiction & Recovery NEW
YORK, NY / ...

*Loosid App Introduces
'Recovery Voices' to Help
Others Understand Addiction
and the Power of Recovery*
The new documentary 'Road
Runner' explores the life of
celebrity chef and globe-
trotting icon Anthony
Bourdain, including his
relationship with actress
Asia Argento and the
possible ...

*Anthony Bourdain's
'addiction' to Asia Argento
overtook last year of his
life, new documentary shows*

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The following are simple ways to overcome writer's ... and take your laptop to a silent area. Social media is a terrible distraction and an underrated addiction, especially for writers.

How to overcome writer's block?

"I've done all of the above and as silly as it sounds, stuff like Pokémon Go helped me massively in getting out of that crippling addiction ... contacting me on social media and asking how ...

Andros Townsend exclusive interview: Overcoming a gambling addiction and helping others do the same

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These letters examine what the world could look like then – and how we can make the best scenario happen. If you still have such a thing as a doctor's office, it might look something like the one I ...

What universal healthcare should look like

It took a year of counselling and a lot of determination for Chris to beat his gambling habit a decade ago. The Hongkonger had to sell his flat to clear a mountain of debt, and almost lost his ...

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