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Cyberkrank!, 4 Audio-CDs

By Spitzer, Manfred / Wortberg, Christoph

Condition: New. Publisher/Verlag: Bastei Lübbe | Wie das digitalisierte Leben unserer Gesundheit ruiniert. Gekürzte Ausgabe, Lesung | Die Digitalisierung unseres Alltags schreitet voran - und bedroht unsere Gesundheit. Wir werden cyberkrank, wenn wir den digitalen Medien die Kontrolle aller Lebensbereiche überantworten, stundenlang Online Games spielen und in sozialen Netzwerken unterwegs sind. Stress, Empathieverlust, Depressionen sowie Schlaf- und Aufmerksamkeitsstörungen sind die Folgen. Kinder werden in ihrer Motorik und Wahrnehmungsfähigkeit geschädigt. Computersucht, Internetkriminalität und Mobbing verbreiten sich immer mehr. Manfred Spitzer informiert über verbreitete Krankheitsmuster, warnt vor den Gesundheitsgefahren der digitalen Technik und erklärt, wie wir uns schützen können. | Format: CD-Audio | 108 gr | 141x125x10 mm.



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