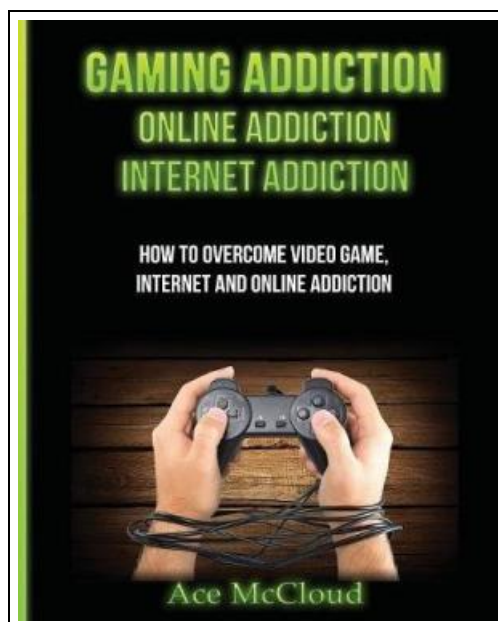


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Reviews

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(Mrs. Alia Borer)

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Pro Mastery Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you addicted to playing digital games? Whether you want to (1) reclaim your life, (2) help a friend who is addicted to gaming, or (3) just understand the dangers of online gaming and how to minimize them, this book will teach you everything you need to know. Every addiction has its consequences. There are negative consequences to a gaming addiction. This book will help you fully comprehend the problems and learn how to help yourself or others break out of the addiction. Free yourself or others from unproductive behavior so life can be healthy and enjoyable again. Get some perspective on your gaming addiction. Online gaming is fun, there s no doubt about it! Gaming can help you explore your personality, enhance your creativity, and sharpen your problem-solving skills. However, if your virtual reality starts to damage your real-life interactions and health, then you have a problem. That is what this book is designed to address. I wrote Gaming Addiction for the purpose of guiding you through the process of evaluating your gaming activities to determine what is helping you and what aspects of your game of choice are actually messing up your life. I know, I know, gaming is your life! But is it a life that will lead to good things, or will it ultimately take you to a place you don t want to go? There is a healthy balance that can be attained. Get the best out of both worlds. You can get what you want out of life, yes, real life. It is possible to continue to play online and still have a happy family, loving relationships, meaningful work, and delightful social experiences. The challenge is not...



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