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especially concerned about how children and teens interact with technology, citing that they are the most vulnerable of us all.

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3.25/5 stars Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked is a non-fiction novel exploring what causes individuals to become addicted to screens, how this

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Convenience weaponizes temptation, and with the ubiquity and convenience of technology these days, you can see why behavioral addiction to video games, Facebook, checking your email on your phone, even your Fitbit, is on the rise. Irresistible is a deep and wide-ranging study of addiction, and there is much food for thought here. Alter seems especially concerned about how children and teens interact with technology, citing that they are the most vulnerable of us all.

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