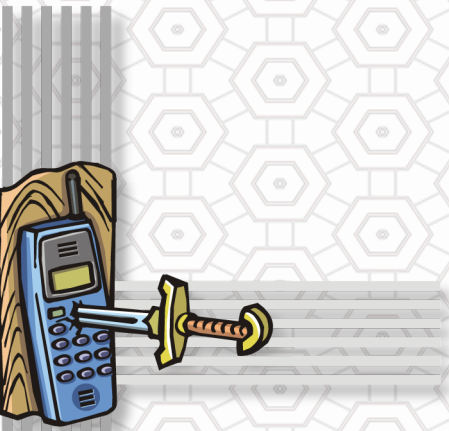


Mobile technology, SmartPhone, iPhone, Internet addictions: these are socially acceptable but may become socially devastating addictions. This map offers links to articles and studies which describe the problem. It also offers links which provide individual examples of awareness, breaking free, and community support.

[WARNING: YOUR NEW DIGITAL WORLD IS HIGHLY ADDICTIVE](#)



IAD: Internet addiction disorder

Nomophobia: fear of no mobile phone

Cell phone vibration syndrome: feeling the vibration, even when it doesn't occur

Low battery anxiety: panic about losing power to cell phones



- [17 signs, relationship with a smartphone](#)
- [Addicted to iPhone, more than Facebook](#)
- [10 Ways Smart Phones are Ruining Lives](#)
- ★ [Dark side of being constantly connected](#)
- [SmartPhones should carry warning of addiction](#)
- [Health, environmental effects of mobile addiction](#)
- [Cellphones replace cigarettes, addiction of choice](#)
- [SmartPhone addicts more anxious than nature lovers](#)

- [Cell phone addiction](#)
- ★ [Smartphone Addiction](#)
- [BlackBerry as Black Sheep](#)
- [Cell phone vibration syndrome](#)
- ★ [Addiction is a growing trend](#)
- [Addiction reaches new heights](#)
- [iPhones and iPads dazzle babies](#)
- [Brink of a smartphone health crisis](#)

- [U.K., 66% Nomophobia](#)
- [Cellphone addiction, depression](#)
- ★ [Addiction alters brain chemistry](#)
- [Cellphones, neurophysiological mechanisms](#)
- [Brain abnormalities, internet addiction disorder](#)

Studies

ROUTINES, HABITS, LIFESTYLE, OR TECHNOLOGY ADDICTION?

iPhone

- ★ [SMARTPHONES DESTROYED A GENERATION?](#)
- ★ [SCREEN TIME: DIGITAL DRUG?](#)

- [Coping](#)
- [iDisorder](#)
- [Glow Kids](#)
- [Virtually You](#)
- [The Shallows](#)
- [The Plug-in Drug](#)
- [Are You Addicted?](#)
- [Failure to Connect](#)
- [Four Arguments, Eliminate TV](#)

Books

★ [1,000,000 SCREEN-FREE ACTIVITIES FOR KIDS](#)



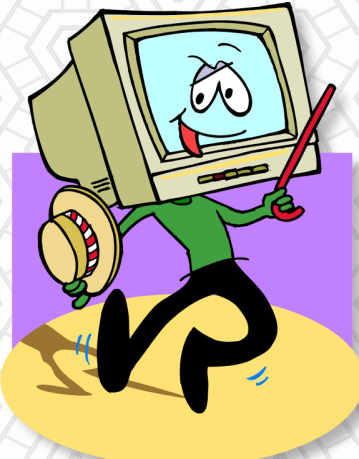
Tech Addiction

- [Digital heroin](#)
- [We need a cure](#)
- [Generation X-ray](#)
- [It's "Digital Heroin"](#)
- [Drunk on Wireless](#)
- [Apple Woos Educators](#)
- [Addicted to Technology](#)
- [Teenagers brain atrophy](#)
- [Compulsive texting toll](#)
- [When You Text Till You Drop](#)
- [People receding into fantasy](#)

- ★ [1/4 of adults are always online](#)
- [Technology, Trauma, and the Wild](#)
- [Digital devices rob brain of downtime](#)
- [Brain differences in Internet addiction](#)
- ★ [Addiction, wildlife, brainwashing, more](#)
- [Why we can't look away from our screens](#)
- [Internet addiction treatment facility in China](#)
- [Fear of Getting Caught Without a Cell Phone](#)
- [Technology trumps caffeine, chocolate, alcohol](#)
- [The Kids Can't Stop: Is Internet Addiction Real?](#)

Therapy/Support

- [Zone'in](#)
- ["NoPhone"](#)
- [Digital Detox](#)
- ["How I Quit..."](#)
- [Addiction tips](#)
- [Camp Grounded](#)
- [GoodTherapy.org](#)
- [Unplugging my way](#)
- [Recognize the problem](#)
- [Symptoms and Solutions](#)
- [Net Addiction Recovery](#)
- [Web addiction center, Korea](#)
- [Computer Addiction Services](#)
- [Penn. Hosp. Internet Detox Program](#)
- ★ [Center for Internet and Tech Addiction](#)

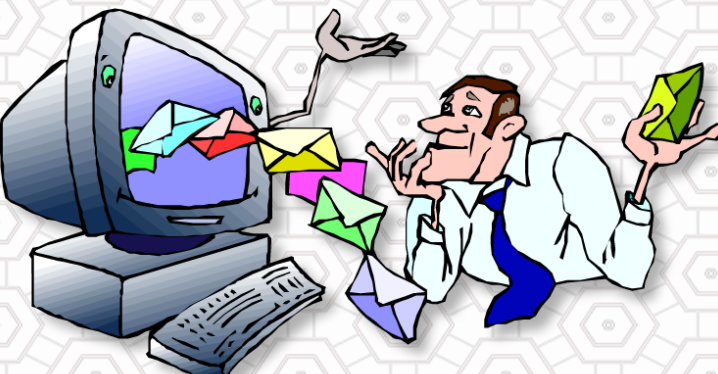


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[PHONE OBSESSED PARENTS CAUSING PROBLEMS WITH CHILDREN](#)

[50% OF TEENS FEEL ADDICTED](#)



As a meditation teacher, I've come to realize that people's worst fear, perhaps even more than dying, is being alone with their own thoughts and feelings. Technology distracts us from ourselves. It keeps us from going inside. Sura



[WEB JUNKIE](#)

[TECH. OVERUSE](#)

[4-YR OLD IPAD ADDICT](#)

[VISUAL STATISTICS ON SMARTPHONE ADDICTION](#)

Home: [Oscillatorium](#)
Newest version [this map](#)
Date of this update: 10-07-18