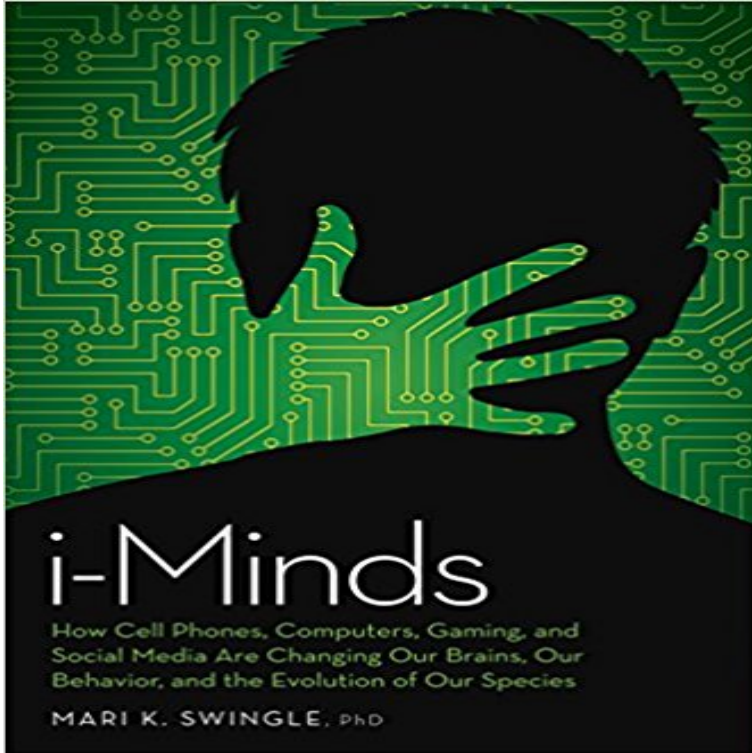


i-Minds: How Cell Phones, Computers, Gaming, and Social Media are Changing our Brains, our Behavior, and the Evolution of our Species



Many of us would no more go out without our cell phone than we would leave the house without clothes. We live our lives on social media, and PDAs, tablets, computers and other devices are completely integrated into our global culture. From connectedness to accessibility and instant access to information, a wealth of benefits accompanies this digital revolution. But what about the cost? Weaving together history, popular literature, media and industry hype, sociology and psychology, and observations from over eighteen years of clinical practice and research, Dr. Mari Swingle explores the pervasive influence of i-technology. Engaging and entertaining yet scientifically rigorous, i-Minds demonstrates: How constant connectivity is rapidly changing our brains What dangers are posed to children and adults alike in this brave new world The positive steps we can take to embrace new technology while protecting our well-being and steering our future in a more human direction This extraordinary book is a virtually indispensable look at a revolution where the only constant is change food for thought about which aspects of technology we should embrace, what we should unequivocally reject, and the many facets of the digital era that we should now be debating. Dr. Mari K. Swingle is a neurotherapist and behavioral specialist who practices at the highly-regarded Swingle Clinic. She holds a BA in Visual Arts, an MA in language education, and an MA and PhD in clinical psychology, and has won numerous awards for her post-doctoral work on the effects of i-technology on brain function.

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