



Hooked: The Pitfalls of Media, Technology and Social Networking

Gregory L. Jantz

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The New Addiction

What you start out controlling can end up controlling you.

From Twitter to iPhones, from Facebook to tablets, we have an endless supply of media and gadgets to hook our interest, snag our wallets, and occupy our time. Think back over the last five years. How much of your time was devoted to online activities? How much of your real life has been gobbled up or googled up in your net life?

In *Hooked*, counselor and addiction specialist Dr. Gregory Jantz speaks enthusiastically and frankly about the gizmos and gadgets, social media magnets, and Internet sidetracks we have at our fingertips. With real-life examples and biblical applications, he presents a celebration of the positives technology offers and a cautionary tale about the negatives it unleashes, including:

- The power and dangers of the web
- The myth of multitasking
- Overcoming disconnection anxiety
- The psychology behind Internet addiction
- Employing the ultimate filter and taking back control of your life

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