

Hypnosis Works!



ASC
Anti Stress Center

Smartphone Addiction & Damaging Side Effects

A device that's small enough to fit in your pocket, allows you to instantly communicate with virtually anyone on earth, take breathtaking photos, and access humanity's collected knowledge. Amazing!

But like any magical implement, the smartphone's power can be so consuming that all you want to do is stare into its comforting, glowing, little screen and cling to it like Gollum does his "Precious" in *The Lord of the Rings*.

Unsurprisingly a growing number of people feel disconcerted with the insatiable pull their phones exercise on them, and are unhappy with the amount of time and attention they give to these devices in return.

No doubt you've seen the following scenarios, probably many times:

- * Young couples out to dinner pull out their smartphones to check messages, emails and social networks even before scanning the menu, and check their phones repeatedly throughout the meal.
- * Shoppers and commuters standing in line, people crossing busy streets, even cyclists and drivers whose eyes are on their phones instead of their surroundings.
- * Toddlers in strollers playing with a digital device - a parent's or perhaps even their own - instead of observing and learning from the world around them.
- * People walking down the street with eyes on their phones, bumping into others, tripping over or crashing into obstacles.

Observations like these have prompted a New York psychotherapist to ask, "What really

matters?" in life. In her enlightening new book, "[The Power of Off](#)" Nancy Colier observes that "we are spending far too much of our time doing things that don't really matter to us." Both in and outside her practice, she has encountered many people who have become "disconnected from what really matters, from what makes us feel nourished and grounded as human beings." The near-universal access to digital technology, starting at ever younger ages, is transforming modern society in ways that can have negative effects on physical and mental health, neurological development and personal relationships, not to mention safety on our roads and sidewalks.

As with so much else in life, moderation in our digital world should be the hallmark of a healthy relationship with technology. Too many of us have become slaves to the devices that were supposed to free us, giving us more time to experience life and the people we love. Instead, we're constantly bombarded by bells, buzzes and chimes that alert us to messages we feel compelled to view and respond to immediately.

"Most people now check their smartphones **150 times per day, or every six minutes**," Ms. Colier wrote. "And young adults are now sending an average of 110 texts per day." Furthermore, she added, "46 percent of smartphone users now say that their devices are something they 'couldn't live without.'"

In "The World Unplugged Project," investigators at the University of Maryland reported that "a clear majority" of students in the 10 countries studied experienced distress when they tried to go without their devices for 24 hours. One in three people admitted they'd rather give up sex than their smartphones.

How often is your real work interrupted by signals from your smartphone that you find impossible to ignore? Have you ever avoided intimacy with your partner because you're in the midst of iPhone Scrabble?

Endlessly snapping selfies and posting your every action and thought on social media creates an unhealthy self-centeredness.

16 Seriously Damaging Effects Of Smartphone Addiction

A Serious Addiction

Despite what some may think, smartphone addiction is a very real phenomenon. It has been found that female college students spend an average of ten hours a day on their cellphones, surfing the internet and sending 100+ messages. That's more time than spent with friends.

Another survey found that three out of five US smartphone users can't go more than 60 minutes without checking their phones. So what makes us so eager to play with our phones instead of engaging in real life?

Experts say our brains get a hit of dopamine and serotonin - the chemicals linked to happiness - when our phones beep or ring. These are the same chemicals that give drug users their 'high'! We aren't oblivious to our very real problem either - a recent opinion poll shows that 82% of the American public believe that smartphone addiction exists.

In fact, nomophobia (the fear of being without your mobile device) is now recognized as a serious issue - with rehab facilities available to help you deal with your problem!

Nerve Damage - Anxiety & Depression - Radiation, [Read the article and list of 16 damaging effects...](#)

Hypnosis For Smartphone Issues

Hypnosis helps significantly reduce or eliminate cell phone compulsion and addiction!

According to the U.S. Government's website [distraction.gov](#), cellphone use can become as addictive as other behaviors like smoking, drinking, and drug abuse because the reward system in the brain is activated. This means excessive cell phone use can be as real as substance abuse.

THE STARTLING STATISTICS OF CELL PHONE OVERUSE

- The average person of any age in the U.S. checks their cell phone every 6.5 minutes in a 16 hour waking cycle.
- 3,360 people were killed, and 421,000 were injured last year because they were driving while distracted.
- Sending a text takes your eyes off the road for 4.5 seconds, which is the same as driving 55 miles per hour down the length of a football field without looking.
- Texting and cell phone use is now the #1 cause of death for teens, and it's responsible for 21% of all car accidents.

Texting and cell phone use is growing at an alarming rate. Thankfully, hypnosis can help, I have developed a proven and effective program for addressing technology related abuse and overuse issues.

My program is fast, effective, and it works! Call me today at **973-388-8794** for your no cost phone consultation, to learn how hypnosis can help you or someone you love with a cell phone, technology, or texting addiction or overuse. [You can also click here to schedule.](#) -Scott Lea, CH.t.

Smart phones may affect the way children think

There's growing concern about how the amount of time children spend on smart phones impacts their brains.



Smart phones may affect the way children think

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