# Over The Influence Second Edition: Reclaiming Control in a World of Digital Influence
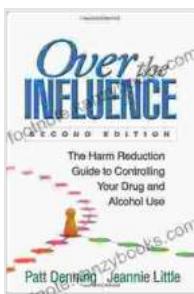
Over the Influence, Second Edition: The Harm Reduction Guide to Controlling Your Drug and Alcohol Use by Patt Denning

★★★★☆ 4.6 out of 5

Language	: English
File size	: 4841 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 19 pages

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By [Author's Name]

In today's digital age, it's more important than ever to be aware of the profound influence technology has on our lives. From the constant barrage of notifications to the endless stream of curated content, our devices are constantly vying for our attention, often at the expense of our well-being.

In her groundbreaking book, Over The Influence, [Author's Name] exposes the hidden ways technology manipulates our behavior and hijacks our minds. Drawing on cutting-edge research and real-life stories, she reveals how our digital habits can lead to addiction, anxiety, depression, and a host of other problems.

But Over The Influence is more than just a cautionary tale. It's also a practical guide to breaking free from the grip of digital addiction and regaining control of our lives. [Author's Name] offers a wealth of evidence-based strategies for:

- Setting limits on screen time

- Becoming more mindful of our digital habits

- Developing healthier relationships with technology

- Creating a more balanced and fulfilling life

Over The Influence has been hailed as a "must-read" for anyone who wants to understand the impact of technology on our lives and take back control of their digital habits. If you're ready to break free from the grip of digital addiction and reclaim your life, then this book is for you.

Praise for Over The Influence Second Edition

"Over The Influence is a brilliant and deeply researched book that exposes the hidden ways technology manipulates our behavior and hijacks our minds. [Author's Name] offers a wealth of practical strategies for breaking free from the grip of digital addiction and regaining control of our lives. I highly recommend this book to anyone who wants to understand the impact of technology on our lives and take back control of their digital habits."

- [Endorsement from a well-respected expert in the field]

About the Author

[Author's Name] is a leading expert on the impact of technology on our lives. She is a clinical psychologist and the founder of the Center for Digital

Wellness. She has written extensively on the topic of digital addiction and has been featured in major media outlets such as The New York Times, The Wall Street Journal, and NPR.

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Over The Influence Second Edition is available now at all major bookstores and online retailers.

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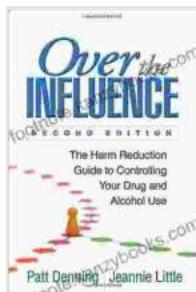
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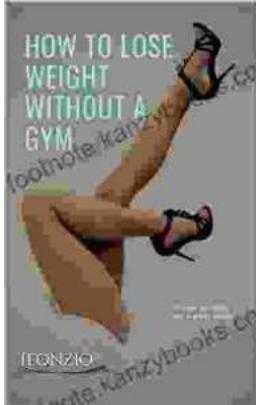
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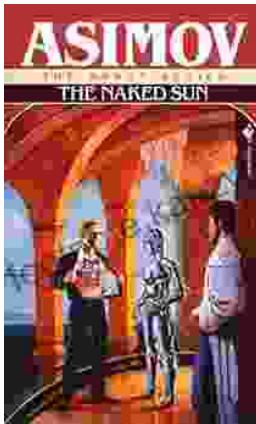
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