



Cyberkrank! : Wie das digitalisierte Leben unsere Gesundheit ruiniert

By Manfred Spitzer

Droemer Knauer Aug 2017, 2017. Taschenbuch. Condition: Neu. Neuware - Die Digitalisierung unseres Alltags schreitet immer weiter voran - mit fatalen Auswirkungen auf Körper und Seele. Anhand neuer wissenschaftlicher Studien zeigt der renommierte Gehirnforscher Manfred Spitzer in diesem kritischen Debattenbuch, in welchem Maß diese Entwicklung unsere Gesundheit bedroht. Wir werden cyberkrank, wenn wir den digitalen Medien die Kontrolle aller Lebensbereiche überantworten, stundenlang Online Games spielen, am Bildschirm Multitasking betreiben und in sozialen Netzwerken unterwegs sind. Stress, Empathieverlust, Depressionen sowie Schlaf- und Aufmerksamkeitsstörungen sind die Folgen. Kinder werden in ihrer Motorik und Wahrnehmungsfähigkeit geschädigt. Computersucht, Internetkriminalität und Mobbing verbreiten sich immer mehr. Manfred Spitzer informiert in seinem neuen Sachbuch über alarmierende Krankheitsmuster, warnt vor den Gesundheitsgefahren der digitalen Technik und erklärt, wie wir uns schützen können. 431 pp. Deutsch.

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