



Internet Addiction: The Ultimate Guide for How to Overcome an Internet Addiction for Life (Paperback)

By Caesar Lincoln

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover How To Finally Overcome Your Internet Addiction! Read on your PC, Mac, smart phone, tablet or Kindle device! You re about to discover a proven strategy on how to overcome your internet addiction and take back your life. Millions of people suffer from internet addictions and throw away hours a day of productive time and turn it into patterns of constantly checking the updates on their social media accounts or other online communities. Most people realize how much of a problem this is, but are unable to change their situation, simply because it s been a part of their mindset for so long. The truth is, if you are suffering from wasting time because of your internet addiction and haven t been able to change, it s because you are lacking an effective strategy and understanding of where these addictions come from and why they are there. This book goes into how the internet has changed our lives, signs that will tell you whether you are addicted or not, and a step-by-step strategy that will help you...



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