



From Smartphones to Social Media

How Technology Affects Our Brains and Behavior

Mark Carrier

1 VOLUME

Technology has become a ubiquitous part of modern life, but its impact on our physical, psychological, and social health and development runs just as deep as does our dependence upon it. How is the development of babies' brains affected by their playing with their parents' smartphones and tablets? How have computers altered the way we process and learn information? How have texting and social networking sites such as Facebook changed the way in which we interact with others? Can online dating lead to meaningful real-world relationships?

From Smartphones to Social Media investigates these questions and many complex issues related to technology. Readers will discover what researchers know about how the use of technology affects us through accessibly written, thematic chapters. The main text is complemented by a collection of case studies and interviews with a variety of experts, providing insight into how technology's positive and negative effects manifest in our everyday lives and what we can do to mediate the negative ones.

FEATURES

Addresses a topic of interest and of increasing concern for researchers, parents, and educators

Examines both the positive and negative effects of technology across many aspects of physical, psychological, and social health

Provides real-world examples through case studies to illustrate key concepts discussed in the book

Offers additional information through interviews with experts in an accessible Q&A format

Mark Carrier, PhD, is professor of psychology at California State University, Dominguez Hills. He is coeditor of the *Handbook of Psychology, Technology and Society*, and coauthor of *iDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold on Us* and *Rewired: Understanding the iGeneration and the Way They Learn*. He is a member of the American Psychological Association.

ABC-CLIO, LLC | 147 Castilian Dr | Santa Barbara, CA 93117-5515 | USA

Customer Service | sales@abc-clio.com | T: 805-968-1911 | F: 866-270-3856 | abc-clio.com

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