



# Internet and Social Media Addiction (Compact Research: Addictions)

*Andrea Nakaya*

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Researchers believe that between one and eight percent of people who use the Internet become addicted to it. Through objective overviews, primary sources, and full-color illustrations this title examines: Is Internet and Social Media Addiction a Serious Problem? What Causes Online Addiction? How Do Online Addictions Affect Health and Well-Being? and How Can People Overcome Internet and Social Media Addiction?

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