Contents

Foreword	6
Internet and Social Media Addiction at a Glance	8
Overview	10
Is Internet and Social Media Addiction a	
Serious Problem?	20
Primary Source Quotes	27
Facts and Illustrations	30
What Causes Online Addiction?	34
Primary Source Quotes	40
Facts and Illustrations	43
How Do Online Addictions Affect Health and	
Well-Being?	47
Primary Source Quotes	53
Facts and Illustrations	56
How Can People Overcome Internet and	
Social Media Addiction?	61
Primary Source Quotes	68
Facts and Illustrations	71
Key People and Advocacy Groups	76
Chronology	78
Related Organizations	80
For Further Research	83
Source Notes	86
List of Illustrations	89
Index	90
About the Author	96