

Contents

Foreword	4
Introduction	
Fun Activity or Uncontrollable Fixation?	6
Chapter One	
What Are the Origins of Online Addiction Concerns?	12
Chapter Two	
Are Online Addictions Real Addictions?	25
Chapter Three	
Are Addictions to Online Shopping and Social Networking Serious Problems?	38
Chapter Four	
Are Addictions to Gaming and Gambling Serious Problems?	54
Chapter Five	
How Can People Recover from Online Addictions?	66
Source Notes	78
Related Organizations and Websites	83
Additional Reading	87
Index	89
Picture Credits	95
About the Author	96