

# Irresistible Why We Can T Stop Checking Scrolling Clicking And Watching

**Jonathan Sacks**

*Irresistible* Adam Alter, 2018-03-06 “Irresistible is a fascinating and much needed exploration of one of the most troubling phenomena of modern times.” —Malcolm Gladwell, author of New York Times bestsellers *David and Goliath* and *Outliers* “One of the most mesmerizing and important books I’ve read in quite some time. Alter brilliantly illuminates the new obsessions that are controlling our lives and offers the tools we need to rescue our businesses, our families, and our sanity.” —Adam Grant, New York Times bestselling author of *Originals* and *Give and Take* Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans. In this revolutionary book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today’s products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist. By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children. Adam Alter’s previous book, *Drunk Tank Pink: And Other Unexpected Forces that Shape How We Think, Feel, and Behave* is available in paperback from Penguin.

Irresistible Adam Alter, 2017 How many times have you checked your phone today? Why are messaging apps, email and social media so hard to resist? How come we always end up watching another episode? In recent years, media and technology have perfected the lucrative art of gaining and holding our attention. This extraordinary feat has changed the behaviour of billions of people, and especially the young, by current medical standards, we are experiencing an unprecedented, global pandemic of addiction. But what exactly is an addiction and what, if anything, might we do about it?

From cliff-hangers to earworms, from religion to pornography, and from the awesome allure of the 'Kim Kardashian Hollywood' app to the unexpected benefits of the 'butt-brush effect', Irresistible blends fascinating stories with ingenious science to explain how and why we all got hooked.

*Drunk Tank Pink* Adam Alter, 2014-02-25 A New York Times bestseller! A revelatory look at how our environment unconsciously yet dramatically shapes the judgments and decisions we make every day Most of us go through life believing that we are in control of the choices we make—that we think and behave almost independently from the world around us. But as *Drunk Tank Pink* illustrates, the truth is our environment shapes our thoughts and actions in myriad ways without our permission or even our knowledge. Armed with surprising data and endlessly fascinating examples, Adam Alter addresses the subtle but substantial ways in which outside forces influence us—such as color's influence on mood, our bias in favor of names with which we identify, and how sunny days can induce optimism as well as aggression. *Drunk Tank Pink* proves that the truth behind our feelings and actions goes much deeper than the choices we take for granted every day.

The Broken Ladder Keith Payne, 2018-05-01 A persuasive and highly readable account. —President Barack Obama “Brilliant. . . an important, fascinating read arguing that inequality creates a public health crisis in America.” —Nicholas Kristof, New York Times “The Broken Ladder is an important, timely, and beautifully written account of how inequality affects us all.” —Adam Alter, New York Times bestselling author of *Irresistible* and *Drunk Tank Pink* A timely examination by a leading scientist of the physical, psychological, and moral effects of inequality. The levels of inequality in the world today are on a scale that have not been seen in our lifetimes, yet the disparity between rich and poor has ramifications that extend far beyond mere financial means. In *The Broken Ladder* psychologist Keith Payne examines how inequality divides us not just economically; it also has profound consequences for how we think, how we respond to stress, how our immune systems function, and even how we view moral concepts such as justice and fairness. Research in psychology, neuroscience, and behavioral economics has not only revealed important new insights into how inequality changes people in predictable ways but also provided a corrective to the flawed view of poverty as being the result of individual character failings. Among modern developed societies, inequality is not primarily a matter of the actual amount of money people have. It is, rather, people's sense of where they stand in relation to others. Feeling poor matters—not just being poor. Regardless of their average incomes, countries or states with greater levels of income inequality have much higher rates of all the social maladies we associate with poverty, including lower than average life expectancies, serious health problems, mental illness, and crime. *The Broken Ladder* explores such issues as why women in poor societies often have more children, and why they have them at a younger age; why there is little trust among the working class in the prudence of investing for the future; why people's perception of their social status affects their political beliefs and leads to greater political divisions; how poverty raises stress levels as effectively as actual physical threats; how inequality in the workplace affects performance; and why

unequal societies tend to become more religious. Understanding how inequality shapes our world can help us better understand what drives ideological divides, why high inequality makes the middle class feel left behind, and how to disconnect from the endless treadmill of social comparison.

**Self-Tracking** Gina Neff, Dawn Nafus, 2016-06-24 What happens when people turn their everyday experience into data: an introduction to the essential ideas and key challenges of self-tracking. People keep track. In the eighteenth century, Benjamin Franklin kept charts of time spent and virtues lived up to. Today, people use technology to self-track: hours slept, steps taken, calories consumed, medications administered. Ninety million wearable sensors were shipped in 2014 to help us gather data about our lives. This book examines how people record, analyze, and reflect on this data, looking at the tools they use and the communities they become part of. Gina Neff and Dawn Nafus describe what happens when people turn their everyday experience—in particular, health and wellness-related experience—into data, and offer an introduction to the essential ideas and key challenges of using these technologies. They consider self-tracking as a social and cultural phenomenon, describing not only the use of data as a kind of mirror of the self but also how this enables people to connect to, and learn from, others. Neff and Nafus consider what's at stake: who wants our data and why; the practices of serious self-tracking enthusiasts; the design of commercial self-tracking technology; and how self-tracking can fill gaps in the healthcare system. Today, no one can lead an entirely untracked life. Neff and Nafus show us how to use data in a way that empowers and educates.

[Back to Human](#) Dan Schawbel, 2018-11-13 WASHINGTON POST BESTSELLER A Financial Times Book of the Month Back to Human explains how a more socially connected workforce creates greater fulfillment, productivity, and engagement while preventing burnout and turnover. The next generation of leaders must create a workplace where teammates feel genuinely connected, engaged, and empowered -- without relying on technology. Based on Dan Schawbel's exclusive research studies -- featuring the perspectives of over 2,000 managers and employees across different age groups -- Back to Human reveals why virtual communication, though vital and useful, actually contributes to a stronger sense of isolation at work than ever before. How can we change this culture? Schawbel offers a self-assessment called the Work Connectivity Index that measures the strength of team relationships. He also shares exercises, examples, and activities that readers can work on individually or as a team, which will help them increase personal productivity, be more collaborative, and become more fulfilled at work. Back to Human ultimately helps you decide when and how to use technology to build better connections in your work life. It is a call to action to leaders across the world to make the workplace a better experience for all of us.

**Surveillance Valley** Yasha Levine, 2018-02-06 The internet is the most effective weapon the government has ever built. In this fascinating book, investigative reporter Yasha Levine uncovers the secret origins of the internet, tracing it back to a Pentagon counterinsurgency surveillance project. A visionary intelligence officer, William Godel, realized that the key to

winning the war in Vietnam was not outgunning the enemy, but using new information technology to understand their motives and anticipate their movements. This idea -- using computers to spy on people and groups perceived as a threat, both at home and abroad -- drove ARPA to develop the internet in the 1960s, and continues to be at the heart of the modern internet we all know and use today. As Levine shows, surveillance wasn't something that suddenly appeared on the internet; it was woven into the fabric of the technology. But this isn't just a story about the NSA or other domestic programs run by the government. As the book spins forward in time, Levine examines the private surveillance business that powers tech-industry giants like Google, Facebook, and Amazon, revealing how these companies spy on their users for profit, all while doing double duty as military and intelligence contractors. Levine shows that the military and Silicon Valley are effectively inseparable: a military-digital complex that permeates everything connected to the internet, even coopting and weaponizing the antigovernment privacy movement that sprang up in the wake of Edward Snowden. With deep research, skilled storytelling, and provocative arguments, *Surveillance Valley* will change the way you think about the news -- and the device on which you read it.

**The Family Game** Dr Paul Gaffney, 2018-02-13 What Sport and Psychology Teach Us About Parenting 'It's no accident, I think, that tennis uses the language of life. Advantage, service, fault, break, love, the basic elements of tennis are those of everyday existence, because every match is a life in miniature.' Andre Agassi Dr. Paul Gaffney has used his experience of working as a clinical and counselling psychologist with children, adults and families experiencing a wide range of problems, and with athletes and coaches striving for excellence, to write this book which will outline practical strategies for living better lives together. The book takes its lead from the stories of inspirational sportspeople and teams. These are supported by, and linked to, psychological knowledge and practice. Sport can reflect all that is good and bad in people. We have seen fabulous success achieved following great dedication, world class performances reflecting incredible skill and a win at all costs attitude leading to, in some cases, cheating and doping. In sport as in life, we can experience the entire rollercoaster of emotions: elation, heartbreak, exhaustion, vindication, hopefulness or helplessness. This book aims to help parents and families face up to and deal with 20 difficult questions, and provide clear advice, direction and resources. It will show you practical things you can try and idea for further reading and information to help you and your family.

**Hope in Addiction** Andy Partington, 2023-04-04 London's suburbs. Latin America's megacities. West Africa's villages. China's skyscrapers. North America's homes. Addiction is a worldwide and at home epidemic. A powerful look at the gospel for the addicted, *Hope in Addiction* helps us think about what it means to be the Church in light of this growing—and heartbreaking—epidemic. How did we get here? And how can we find freedom from addiction? This book is not just about drug or alcohol abuse. It's about gambling addictions, porn dependencies, workaholism, and internet addictions. It's a book about how slaves to addiction become children of the Living God and family in the community of God. Wherever they are.

Whatever has enslaved them. With clarity and compassion, Andy Partington brings together personal stories, compelling research, and frontline ministry experience. This book is for Christian leaders, influencers, counselors, and educators. For the friends and family of those gripped by addiction. And, for those who themselves battle addiction. This book is for all of us. There is hope in addiction. Hope for freedom. Hope for wholeness. Hope for eternity.

Technē Gerald Hiestand, Todd A. Wilson, 2022-11-18 Christians have an increasingly complex and often conflicted relationship with technology. As Genesis 1 succinctly and profoundly declares, God created humanity in his image, and as part of that vocation, we are called to make something of the world. Technology is one of the most important and powerful ways that human beings exercise this dominion. But while technology can extend our humanity in powerful and exciting ways, many of us feel that it can compromise or fracture our humanity at its core. As a result, questions quickly emerge. What does it mean to be human? How does our creation in the image of God affect the way we use, design, and understand technology? Should our general posture toward technology be cautious or optimistic? This collection of scholarly and pastoral essays, drawn from the 2019 annual theology conference of the Center for Pastor Theologians, offers substantive Christian reflection on a wide range of issues pertinent to a distinctly Christian vision of technology today—and in the future.

**Morality** Jonathan Sacks, 2020-09-01 A distinguished religious leader's stirring case for reconstructing a shared framework of virtues and values. With liberal democracy embattled, public discourse grown toxic, family life breaking down, and drug abuse and depression on the rise, many fear what the future holds. In *Morality*, respected faith leader and public intellectual Jonathan Sacks traces today's crisis to our loss of a strong, shared moral code and our elevation of self-interest over the common good. We have outsourced morality to the market and the state, but neither is capable of showing us how to live. Sacks leads readers from ancient Greece to the Enlightenment to the present day to show that there is no liberty without morality and no freedom without responsibility, arguing that we all must play our part in rebuilding a common moral foundation. A major work of moral philosophy, *Morality* is an inspiring vision of a world in which we can all find our place and face the future without fear.

Inspiration Gerald O'Collins, 2018 *Inspiration: Towards a Christian Interpretation of Biblical Inspiration* anchors its study of inspiration firmly in the Scriptures and examines the inspired nature of the Bible and its inspiring impact. Gerald O'Collins begins by examining classical view of inspiration expounded by Karl Barth and Raymond Collins. He takes up the inspired origin of the Old Testament, where earlier books helped to inspire later books, before moving to the New Testament, which throughout shows the inspiring impact of the inherited Scriptures--both in direct citations and in many echoes. The work then investigates the Bible's inspiring influence on Christian worship, preaching, teaching, the visual arts, literature, and life. After a chapter that clarifies the interrelationship between divine revelation, tradition, and inspiration, two chapters expound ten characteristics of biblical inspiration, with special emphasis on the inspiring quality of the Bible. O'Collins explains a

major consequence of inspiration, biblical truth, and the grounds on which the Church 'canonized' the Scriptures. After spelling out three approaches to biblical interpretation (the authorial intention, the role of readers, and the primacy of the text itself), the book ends by setting out ten principles for engaging theologically with the Scriptures. An epilogue highlights two achievements of the book. By carefully distinguishing inspiration from divine revelation and biblical truth, it can deliver readers from false problems. This work also underlines the inspiring effects of the Scriptures as part of the Holy Spirit's work of inspiration.

The Ministry of Truth Vincent F. Hendricks, Camilla Mehlsen, 2022-06-06 The Ministry of Truth scrutinizes the information market in the era of the attention economy calling on citizens, public educators and politicians to action in averting the role of BigTech in critical infrastructure. Through phenomena such as influencers, 'fake news', and covid conspiracies, the authors reveal how social platforms control facts, feelings and narratives in our time to such a degree that they are the de facto arbiters of truth. BigTech seemingly controls the information infrastructure and also decides what we pay attention to. The authors suggest hope for a more democratic internet through their systematic analysis of the largest players of the information age. The aim is to amplify human agency for a robust deliberative democracy — not version 2.0 — but a lasting version with staying power. This book appeals to the general interest reader and professional invested in the mobilization of responsible technological development. Vincent F. Hendricks is Professor of Formal Philosophy at The University of Copenhagen. He is Director of the Center for Information and Bubble Studies (CIBS) funded by the Carlsberg Foundation. Camilla Mehlsen is Digital Media Expert and Spokesperson for the Danish child organization Children's Welfare. She is author of several books on digital literacy and her work on digital media has been published in various newspapers and magazines.

*Give Me Everything You Have* James Lasdun, 2013-02-12 A true story of obsessive love turning to obsessive hate in the crucible of the digital age. *Give Me Everything You Have* chronicles author James Lasdun's strange and harrowing ordeal at the hands of a former student, a self-styled verbal terrorist, who began trying, in her words, to ruin him. Hate mail, online postings, and public accusations of plagiarism and sexual misconduct were her weapons of choice and, as with more conventional terrorist weapons, proved remarkably difficult to combat. James Lasdun's account, while terrifying, is told with compassion and humor, and brilliantly succeeds in turning a highly personal story into a profound meditation on subjects as varied as madness, race, Middle East politics, and the meaning of honor and reputation in the Internet age.

*Narratives of Individuation* Raya A. Jones, Leslie Gardner, 2019-04-15 In *Narratives of Individuation*, Raya A. Jones and Leslie Gardner present 12 cutting-edge essays that bridge Jungian and narrative approaches to self-understanding, and offer critical appraisal of both approaches. Exploring the Jungian concept of individuation and the related interest in dreams, as well as the premise of the narrative self and the related interest in life-stories, this innovative volume interprets the topic in

unique and unprecedented ways. An outstanding selection of contributors cover several overarching themes to provide a comprehensive understanding of these two powerful narratives. The contributors explore historical and conceptual issues concerning the narrative self, as well as applying it, including to Jung's autobiography. Chapters also examine how Jung developed his theory of individuation, and engage with contemporary thinking in anthropology, psychology (including the dialogical self) and Jungian psychotherapy, towards refiguring how people arrive at self-understanding. Written by leaders in the field, *Narratives of Individuation* is a valuable interdisciplinary resource that illuminates a multitude of perspectives on individuation and self-realisation. Owing to its original ideas and breadth of scope, *Narratives of Individuation* will appeal to academics and students of Jungian and post-Jungian studies, anthropology, psychology, literary studies and anyone examining concepts of selfhood and the significance of narrativity. It will also be of great interest to Jungian analysts and psychotherapists, and analytical psychologists.

Common Sense for the Modern Soul Francis Dias Jr.,2024-07-20 In a world overwhelmed by digital distractions and relentless noise, *Common Sense for the Modern Soul* offers a beacon of clarity. This book connects the timeless wisdom of the past with the practical challenges we face today, helping you find balance and fulfillment in life. Delve into the foundations of common sense, learn to embrace simplicity, and navigate the chaos of modernity with mindfulness. Discover how to balance material success with spiritual well-being, maintain health in a tech-driven era, and establish meaningful connections amidst digital overload. Explore strategies for sound financial decisions, the pursuit of genuine guidance, and the art of mindful consumption. As you journey through the pages, you'll find practical steps to harmonize your life, foster sustainable habits, and rediscover the essence of living in the moment. Let this book be your companion in reclaiming simplicity and common sense in our complex world.

STOP READING THE NEWS ROLF. DOBELLI,2021

Curing the Dread of Death Rachel E. Menzies,Ross G. Menzies,Lisa Iverach,2018-08-10 This unique book explores the dread of death and its management from a wide range of perspectives with researchers and writers from a variety of cultures, academic traditions and disciplines across the globe. The fields covered are broad — including palliative care and grief, psychodynamic theory, social, developmental and clinical psychology, sociology and anthropology, counselling practice as well as history, art, and philosophy.

**Offline** Imran Rashid,Soren Kenner,2019-02-26 Authors Imran Rashid and Soren Kenner have sparked an international debate by revealing the “mind hacks” Facebook, Apple, Google, and Instagram use to get you and your children hooked on their products. In *Offline*, they deliver an eye-opening research-based journey into the world of tech giants, smartphones, social engineering, and subconscious manipulation. This provocative work shows you how digital devices change individuals and communities for better and worse. A must-read if you or your kids use smartphones or tablets and spend time browsing

social networks, playing online games or even just browsing sites with news and entertainment. Learn how to recognize 'mind hacks' and avoid the potentially disastrous side-effects of digital pollution. Unplug from the matrix. Learn digital habits that work for you.

The Digital Health Self Rachael Kent,2023-03 This is a detailed analysis of how understanding of health management past, present and future has transformed in the digital age. Since the mid-20th century, we have witnessed 'healthy' lifestyles being pushed as part of health promotion strategies, both via the state, and through health tracking tools, and narratives of wellness online. This marks a seismic shift from a public welfare state responsibility for health towards individualised practices of digital self-care. Today health has become representative of 'lifestyle correction' which is performed on social media. Putting the spotlight on neoliberalism and digital technology as pervasive tools that dictate wellness as a moral obligation, Rachael Kent critically analyses how users navigate relationships between self-tracking technologies, social media, and everyday health management.

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