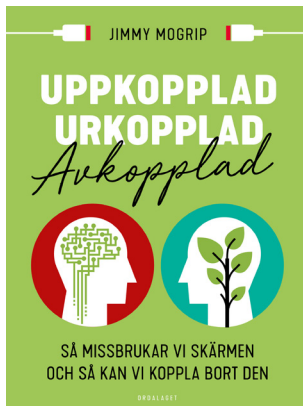


# ON-LINE, OFF-LINE

## How we abuse the screen and how to switch it off



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Introduction  
The screen and the individual  
The screen and society  
The screen and work  
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The screen today  
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Epilogue  
Thanks  
References

## Uppkopplad, urkopplad, avkopplad

Jimmy Mogrip

156x210, 196p

*In our societies there are many reports on how our use of mobile telephones and surfing on the internet is taking over our lives. It's high time we have a serious think about this!*

In *On-line, off-line* Jimmy Mogrip investigates the way in which the internet has developed and the effect of the web on us human beings. Chapter by chapter Mogrip takes us through the impact of the internet on different sections of society and how we adapt to this psychologically.

Includes a history of the development of mobile telephones and the internet, explanations of how the brain responds to social media, a section on how children respond and develop within the internet culture, numerous examples of research done on the subject, including experimental research and more.

*On-line, off-line* gives an insight into the state of society today and tackles both the positive and negative aspects of the internet. The book ends with a chapter discussing practical tips on how to turn your life around and take back control.



## About the author

**Jimmy Mogrip** is an expert on behavioural science and has dedicated his working life to the study of the relationship between technology and human beings. He lectures on the subject.