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**Robert Palmer - Simply Irresistible (Official Video) - YouTube**  
3.25/5 stars Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked is a non-fiction novel exploring what causes individuals to become addicted to screens, how this addiction effects their lives, and what can be done to prevent these additions or deal with them.

**Irresistible -Why you are addicted to #technology & how to ...**

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Undoubtedly, behavioural addiction is fast becoming much more common albeit less understood. Adam Alter, the author of Irresistible: Why you are addicted to technology and how to set yourself free (Vintage, 2017) believes that most people spend between one and four hours on their phones each day.**

**Irresistible: The Rise of Addictive Technology and the ...  
A re you addicted to technology? I’m certainly not. In my first sitting**

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reading Adam Alter's Irresistible, an investigation into why we can't stop scrolling and clicking and surfing online ...

### Irresistible Why You Are Addicted

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### Irresistible: 9781784701659: Amazon.com: Books

Just when I had a hate moment against all technology, I came across an interesting book called IRRESISTIBLE: WHY YOU ARE ADDICTED TO TECHNOLOGY AND HOW TO SET YOURSELF FREE recently published by VINTAGE paperback (Penguin UK). I enjoyed reading it due to the focus on technology and childhood. As psychologist Adam Alter [...]

### Irresistible: Why We Can't Stop Checking, Scrolling ...

"If you can't stop checking, clicking, surfing and liking, put your device down and read Adam Alter's Irresistible, an important, groundbreaking book about why we're addicted to technology, how we got here, and what we should do next." —Arianna Huffington, author of The Sleep Revolution and Thrive

### Irresistible: Why you are addicted to technology and how ...

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