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Creating The Digital Idiot

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A summary of worldwide scientific studies that reveal the effects and impact of screens on our children.

The recreational consumption of digital technology in all its forms (smartphones, tablets, television, etc.) by the new generations is absolutely astronomical. From the age of 2, children in Western countries accumulate, on the average, almost 3 hours of screen use every day. Contrary to popular belief, "this screen abuse" generates serious problems: on the body, on emotions, including cognitive capacities. Michel Desmurget offers the first synthesis of comprehensive international scientific studies on the real effects of screens.

Sales in France: 110, 000 copies

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