Hello. What I would like to talk about today are cell phones and their role in our lives. Before I start off, I would like to ask everyone to turn their phones off-not just on a silent mode, but completely off-for the duration of my speech. It won't take more than 10 minutes, so please, kindly do me a favor. It will mean a lot to me to have all of your attention.

Ever since the first hand-held mobile phone was presented by Motorpia in 1973, this handy gadget has firmly set itself in the hands of almost every American teenager, adult and since recently, even children. It seems that in the race for the latest model of iPhone or BlackBerry, we have forgotten that telephones were initially intended as a convenience, not a necessity. However, it seems that there isn't a single activity people can do without this technology nowadays. You need your Android program to calculate calories while jogging; you can't live without the latest tunes uploaded to your iPhone; and you got used to taking pictures everywhere you go with your many-mega-pixel phone camera. How often do we actually use phones for taking these days? And we are not taking about the latest applications you have purchased to apgrade your tevorite time aller, but rather using the phone for the purpose it had been initially intended for mobile conversations, assuming you cannot talk to the person on the other end of the signal face-to-face.

One of the recent studies held by the Swiss Institute of Public Health has revealed the appearance of a new type of disease called Nomophobia ("No mobile phobia"). Disturbing signs of nomophobia include a pathological fear of finding oneself without a working cell phone at hand, which causes sleeping disorders (the diseased patients complained that they experience constant anxiety and often wake up at right because they seem to have heard their phone ring); fear of losing your cell phone or forgetting it somewhere (it causes people to return home if they cannot find the phone in the bag, no matter how late they will be for important appointments; or constantly checking for their phone and taking it out of the bag even if it isn't ringing). Apparently, there are thousands of people already diagnosed with the disorder and presumably millions more who are also suffering from it, without realizing the fact. Scientists estimate that two thirds of the world's population is in fact prone to this psychological disorder.

As a result, people make their lives dependent on a device, without matizing that it is an appliance that had been initially invented to make their lives simpler, not more complicated. As neurologists have commented, cell phone addiction is forcing people to become completely dependent on their pricey new gadget and this distracts the victims of cell phones. from Iving their life in working order. Instead of going out and meeting people we want to talk to, we send test messages, install Skype and social network applications on our brand new phones, and basically build our lives around this technology. If one day all phones should instantly go off, there would no doubt be panic and chaos all over the world, except for those remote places where this technological advance has not set gained that much popularity. Nevertheless, while there are fewer and fewer such places in the world, people are getting more and more dependent on their cell phones-approximately 40 per cent of all cell phone users have more than one mobile phone in use. The situation is worsening every year, while electronic ciants like Apple. Nokia. Sony Ericsson, Verizon, and others are launching new brilliant marketing campaigns trying to persuade us to purchase their latest telephone model that can become your life partner in any occupation and situation. Except that, at some point. you might find yourself controlled by the device and desperately scared to take a step wellfreput it.

What should be done now? I suggest reducing the time we spend with our favorite cell phones at least by half, for starters. Every time you think about downloading a new application, ask yourself whether it is a necessity or you can easily do without it. Every time

Persuasive Essay On Internet Addiction

Katrin Zwirglmaier

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Table of Contents Persuasive Essay On Internet Addiction

- 1. Understanding the eBook Persuasive Essay On Internet Addiction
 - The Rise of Digital Reading Persuasive Essay On Internet Addiction
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Persuasive Essay On Internet Addiction
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Persuasive Essay On Internet Addiction
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Persuasive Essay On Internet Addiction

- Personalized Recommendations
- Persuasive Essay On Internet Addiction User Reviews and Ratings
- Persuasive Essay On Internet Addiction and Bestseller Lists
- 5. Accessing Persuasive Essay On Internet Addiction Free and Paid eBooks
 - Persuasive Essay On Internet Addiction Public Domain eBooks
 - Persuasive Essay On Internet Addiction eBook Subscription Services
 - Persuasive Essay On Internet Addiction Budget-Friendly Options
- 6. Navigating Persuasive Essay On Internet Addiction eBook Formats
 - o ePub, PDF, MOBI, and More
 - Persuasive Essay On Internet Addiction Compatibility with Devices
 - Persuasive Essay On Internet Addiction Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Persuasive Essay On Internet Addiction
 - Highlighting and Note-Taking Persuasive Essay On Internet Addiction
 - Interactive Elements Persuasive Essay On Internet Addiction
- 8. Staying Engaged with Persuasive Essay On Internet Addiction
 - o Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Persuasive Essay On Internet Addiction
- 9. Balancing eBooks and Physical Books Persuasive Essay On Internet Addiction
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Persuasive Essay On Internet Addiction
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Persuasive Essay On Internet Addiction
 - Setting Reading Goals Persuasive Essay On Internet Addiction
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Persuasive Essay On Internet Addiction

- Fact-Checking eBook Content of Persuasive Essay On Internet Addiction
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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