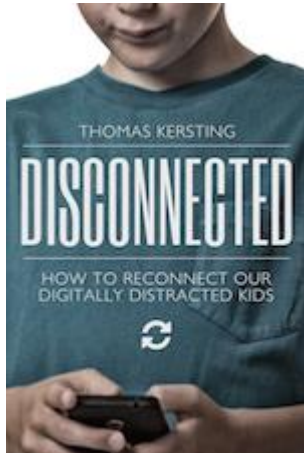


DISCONNECTED - Brand New Book

By Thomas Kersting



We see it everywhere: at the park, in restaurants, and inside our homes and cars—kids connected to handheld devices and disconnected from the world around them. According to the latest research, the average thirteen-year-old spends eight hours per day, seven days a week, glued to a screen. Yes, this is problematic, but for every problem there is a solution.

In *Disconnected*, renowned psychotherapist and longtime school counselor Tom Kersting explores the device-dependent world our children live in and how it is impacting their mental and emotional well-being. Research shows that too much time in the cyber world is re-wiring kids' brains, affecting their ability to flourish in the real world as anxiety, depression, and attention issues soar.

Thankfully, it is not too late to save our children. Kersting provides simple strategies to help reduce screen time as well as a host of meditative and mindfulness techniques to help our kids reclaim their brains, and their lives.