



Unplug: Raising Kids In a Technology Addicted World

Lisa K. Strohman J.D. Ph.D., Melissa J. Westendorf J.D. Ph.D.

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“The first step is admitting you have a problem. Packed with effective strategies to rein in technology addiction, Unplug provides empowering hope to anyone who fears technology is compromising our children or consuming our lives.” - Dr. Susan Wilder, MD, Founder of LifeScape Medical Associates. “It’s a whole new world. As someone that has spent 23 years in law enforcement investigating some of the most horrific crimes perpetrated by the users of new technology, I found this book to be an invaluable reference for parents raising children in today’s complex digital environment.” - Joe LeDuc, Police Lieutenant and former investigative supervisor for Internet crimes against children

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