**Praise for The Twelve Steps for Smartphone Addiction**

“A must-read for anyone who is addicted to or thinks they may have a problem with digital technology. This eloquent work will also be useful to academics and clinicians exploring potential solutions. The author recognizes the similarities between smartphone addiction and other addictions, and logically applies one of the most effective known solutions for addiction - The Twelve Steps.”

-- Earl Hightower, Noted Interventionist, Keynote Speaker and Addiction Visionary

“If you suffer from digital addiction, I strongly encourage you to use this book as your road map to get you back to the real world.”   
-- Michael Stelzner, Founder of Social Media Examiner.

“As a high school teacher for 24 years, husband, father, coach, and 12-Step member, I can assure you that this book will transform the life of anyone who is addicted to their Smartphone. Well written, easy to understand, and a wonderful book that will provide you with a clear road map to recovery, and this includes teenagers, a group I have been working with in the classroom for decades.”   
-- Marcus Franco, Costa Mesa, CA High School Teacher.

\*\*\*\*\*\*\*\* OR SOME OTHER BREAK TO SEPARATE SECTIONS

An effective solution to the challenge of Smartphone, Gaming, and other Digital Addictions based on the rich and successful tradition of the Twelve Steps.

Addiction to Smartphone Technology is a new and troubling phenomenon that has burst upon an unprepared society with alarming speed. Many people crave the use of Digital Technology in a strikingly similar way to any other addict. Smartphones and the complex software they run have been architected to promote continued and progressive usage. This sophisticated technology clearly feeds on natural addictive tendencies.

The Twelve Steps are one of the most effective methods for treating addiction in human history. Originating with Alcoholics Anonymous in 1939, the Twelve Steps have since been used to treat a variety of other addictions, including drugs, sex, gambling, eating disorders, and many others. Now in this groundbreaking work the Twelve Steps are applied to the complex and evolving contemporary phenomenon of Smartphone and Digital Addiction.

**About the Author**

Jim Sugel is a Technology Consultant and Writer with many years of professional coding and consulting experience. He also struggled with addiction to drugs and alcohol and is now clean and sober in a Twelve-Step program for over 16 years. This unique combination of Twelve-Step experience and technology expertise led him to create the Twelve Steps for Smartphone Addiction.