

AN EFFECTIVE SOLUTION TO THE CHALLENGE OF **SMARTPHONE ADDICTION** BASED ON THE RICH AND SUCCESSFUL TRADITION OF THE TWELVE STEPS

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 Addiction.

Smartphone Addiction is a new and troubling phenomenon that has burst upon an unprepared society with alarming speed. Many people crave the use of Smartphone Technology and its constant and effective system of sensory rewards 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, and recent evidence suggests Smartphones are intentionally designed to be addictive.



ABOUT THE AUTHOR

JAMES SUGEL is a Digital Marketing Consultant 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 15 years. This unique combination of Twelve-Step experience and technology expertise led him to create *The Twelve Steps for Smartphone Addiction*.



THE TWELVE STEPS FOR **SMARTPHONE ADDICTION**

JAMES SUGEL

THE TWELVE STEPS FOR **SMARTPHONE ADDICTION**

"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

JAMES SUGEL