

COMBAT GAMING ADDICTION



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Foreword

Gaming Addiction is not different from any other types of addiction that are present in the human nature nowadays. Such type of addiction is not unstoppable and these are so many ways to prevent its negative effects. In order to save its victims from misery and lack of discipline in life, a support group must be hired immediately; although some individuals who are not yet suffering from its worst effects can handle it by themselves without the assistance of the authorities.



Chapter 01 - What is Addiction?

Synopsis

Gaming addiction is one of the most destructing effects of the video and online games to the mental status of a person. Such type of addiction is very common to children and even to teenagers as well. It is really hard to accept the fact that the things you consider useful are the things that will also destroy your mentality as a human. There's a way to save your loved ones, family or children from this kind of addiction. But still, prevention is the best solution to keep your neighbors, friends and family members protected from its destructive effects. You have to move now since video and online games are already multiplying and influencing the minds of several individuals in this world.



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