

Is Technology Killing Our Friendships



Is Technology Killing Our Friendships? A Deep Dive into the Digital Age Dilemma

Introduction:

We live in a hyper-connected world. Our smartphones are extensions of ourselves, constantly buzzing with notifications, updates, and the digital echoes of countless interactions. But amidst this constant connectivity, a nagging question persists: is technology, the very thing intended to bring us closer, actually driving a wedge between us and our friendships? This in-depth look explores the complex relationship between technology and friendship, examining both the detrimental effects and the potential for positive connection. We'll delve into the subtle ways technology might be harming our relationships and offer practical strategies to reclaim authentic human connection in the digital age.

H2: The Allure and the Allure of the Digital World:

The undeniable appeal of technology is its convenience. Instant messaging, social media, and video calls allow us to maintain contact with friends across geographical boundaries. We can share moments, offer support, and stay updated on each other's lives with ease. This accessibility is especially crucial for those with busy schedules or limited mobility. However, the very features designed to enhance connection can, paradoxically, lead to a decline in the quality of our friendships.

H3: The Shallowness of Social Media Interactions:

While social media platforms provide a platform for connection, the nature of these interactions can often be superficial. The curated highlight reels we present online rarely reflect the complexities and imperfections of real life. This curated reality can create unrealistic expectations and feelings of

inadequacy, hindering genuine emotional connection. The constant stream of filtered images and carefully crafted posts can lead to social comparison and a sense of being "left out," eroding feelings of genuine belonging.

H2: The Phantom Vibration Syndrome and the Always-On Culture:

The constant accessibility afforded by technology can contribute to a sense of obligation and pressure. The "phantom vibration syndrome" - the feeling that your phone is vibrating when it isn't - reflects our subconscious anxieties about missing out. This creates a culture of constant connectivity, where we feel pressured to respond instantly, often at the expense of face-to-face interactions and meaningful conversations. This constant "always-on" mentality can lead to decreased empathy and genuine presence when engaging with friends in person.

H3: The Erosion of Deep Connection Through Superficial Interactions:

The ease of digital communication can lead to a reliance on superficial interactions. A quick text message or a fleeting social media comment replaces meaningful conversations, shared experiences, and the nuances of non-verbal communication that are crucial for deep connection. These shallow interactions, while efficient, ultimately fail to nourish the bonds of friendship.

H2: Reclaiming Authentic Connection in a Digital World:

The good news is that technology doesn't have to be the enemy of friendship. By consciously changing our habits and prioritizing genuine connection, we can leverage technology to enhance, rather than detract from, our relationships.

H3: Setting Boundaries and Prioritizing Face-to-Face Time:

Establishing clear boundaries around technology use is crucial. Designate "tech-free" zones and times, such as during meals or social gatherings. Prioritize face-to-face interactions; the richness of in-person conversations, non-verbal cues, and shared experiences are irreplaceable.

H3: Utilizing Technology Mindfully:

Technology can be a powerful tool for fostering connection when used mindfully. Schedule video calls with friends who live far away, use group chats to coordinate activities, or share meaningful articles and experiences online. The key is to use technology intentionally, not allowing it to dictate your interactions.

H2: The Future of Friendship in the Digital Age:

The relationship between technology and friendship is constantly evolving. As technology advances, it's crucial to develop a healthy and balanced relationship with our devices. This involves cultivating self-awareness, setting boundaries, and prioritizing meaningful interactions. By focusing on genuine connection and mindful technology use, we can harness the power of technology while preserving the depth and richness of our friendships.

Conclusion:

Technology's impact on our friendships is not inherently positive or negative; it's a double-edged sword. While offering unparalleled convenience and connectivity, it also presents challenges that can weaken our relationships if not addressed proactively. By being mindful of our technology usage, setting boundaries, and prioritizing genuine human connection, we can ensure technology enhances, rather than diminishes, the quality of our friendships. The key is balance – using technology as a tool to supplement, not replace, authentic, meaningful interactions.

FAQs:

1. Is it okay to end friendships due to excessive social media drama? Absolutely. If a friendship consistently involves negative or draining social media interactions, prioritizing your well-being by distancing yourself is acceptable.
2. How can I avoid comparing myself to others on social media? Unfollow accounts that trigger feelings of inadequacy. Focus on your own journey and celebrate your own accomplishments, rather than comparing yourself to others' curated online personas.
3. How much screen time is too much when it comes to friendships? There's no magic number. Pay attention to how your technology use impacts your mood, energy levels, and interactions with friends. If it's negatively affecting your relationships, it's time to make adjustments.
4. Can technology ever strengthen friendships? Yes! Technology provides incredible opportunities for maintaining long-distance connections, coordinating group activities, and sharing experiences. The key is mindful and intentional use.
5. What if my friends are always on their phones when we're together? Have an honest, open conversation about your feelings. Explain how their phone use impacts your connection and see if you can reach a mutual understanding and agreement.

is technology killing our friendships: Out of Touch Michelle Drouin, 2022-02-01 A behavioral scientist explores love, belongingness, and fulfillment, focusing on how modern technology can both help and hinder our need to connect. A Next Big Idea Club nominee. Millions of people around the world are not getting the physical, emotional, and intellectual intimacy they crave. Through the wonders of modern technology, we are connecting with more people more often than ever before, but are these connections what we long for? Pandemic isolation has made us even more alone. In *Out of Touch*, Professor of Psychology Michelle Drouin investigates what she calls our intimacy famine, exploring love, belongingness, and fulfillment and considering why relationships carried out on technological platforms may leave us starving for physical connection. Drouin puts it this way: when most of our interactions are through social media, we are taking tiny hits of dopamine rather than the huge shots of oxytocin that an intimate in-person relationship would provide. Drouin explains that intimacy is not just sex—although of course sex is an important part of intimacy. But how important? Drouin reports on surveys that millennials (perhaps distracted by constant Tinder-swiping) have less sex than previous generations. She discusses pandemic puppies, professional cuddlers, the importance of touch, “desire discrepancy” in marriage, and the value of friendships. Online dating, she suggests, might give users too many options; and the internet facilitates “infidelity-related behaviors.” Some technological advances will help us develop and maintain intimate relationships—our phones, for example, can be bridges to emotional support.

Some, on the other hand, might leave us out of touch. Drouin explores both of these possibilities.

is technology killing our friendships: Reclaiming Conversation Sherry Turkle, 2015 An engaging look at how technology is undermining our creativity and relationships and how face-to-face conversation can help us get it back.

is technology killing our friendships: iGen Jean M. Twenge, 2017-08-22 As seen in Time, USA TODAY, The Atlantic, The Wall Street Journal, and on CBS This Morning, BBC, PBS, CNN, and NPR, iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes iGen distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of iGen just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of iGen also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where iGen goes, so goes our nation—and the world.

is technology killing our friendships: This is Technology Ethics Sven Nyholm, 2022-12-14 An approachable introduction to the philosophical study of ethical dilemmas in technology In the Technology Age, innovations in medical, communications, and weapons technologies have given rise to many new ethical questions: Are technologies always value-neutral tools? Are human values and human prejudices sometimes embedded in technologies? Should we merge with the technologies we use? Is it ethical to use autonomous weapons systems in warfare? What should a self-driving car do if it detects an unavoidable crash? Can robots have morally relevant properties? This is Technology Ethics: An Introduction provides an accessible overview of the sub-field of philosophy that focuses on the ethical implications of new technologies. Requiring no previous background in the subject, this reader-friendly volume explores ethical questions concerning artificial intelligence, robots, self-driving cars, brain implants, social media and communication technologies, and more. Throughout the book, clear and engaging chapters describe and discuss key discussions, issues, and themes while inviting readers to develop their own perspectives on a wide range of moral and ethical questions. Discusses how various technologies influence and shape individuals and society both positively and negatively Illustrates how emerging technologies affect traditional ideas about ethics and human self-understanding Addresses the ethical complications of creating technologies that may lead to morally problematic consequences Considers if the benefits of new technologies outweigh potential drawbacks, such as how people interact online through social media Explores how established moral and ethical theories relate to new questions concerning advanced technologies Part of the popular This is Philosophy series published by Wiley-Blackwell, This is Technology Ethics: An Introduction is a must-read for undergraduate students taking a Technology Ethics course, researchers in the field, engineers, technology professionals, and general readers looking to learn more about the topic.

is technology killing our friendships: Team Human Douglas Rushkoff, 2019-01-22 Porchlight's Management and Workplace Culture Book of The Year "[A] thoroughly fascinating exploration of the long interplay between power and the technologies of communication." —Adam Frank, NPR Team Human is a manifesto—a fiery distillation of preeminent digital theorist Douglas Rushkoff's most urgent thoughts on civilization and human nature. In one hundred lean and incisive

statements, he argues that we are essentially social creatures, and that we achieve our greatest aspirations when we work together—not as individuals. Yet today society is threatened by a vast antihuman infrastructure that undermines our ability to connect. Money, once a means of exchange, is now a means of exploitation; education, conceived as way to elevate the working class, has become another assembly line; and the internet has only further divided us into increasingly atomized and radicalized groups. Team Human delivers a call to arms. If we are to resist and survive these destructive forces, we must recognize that being human is a team sport. In Rushkoff's own words: "Being social may be the whole point." Harnessing wide-ranging research on human evolution, biology, and psychology, Rushkoff shows that when we work together we realize greater happiness, productivity, and peace. If we can find the others who understand this fundamental truth and reassert our humanity—together—we can make the world a better place to be human.

is technology killing our friendships: *Friends, Followers and the Future* Rory O'Connor, 2012-04 Discusses the impact online social networking has had on business, politics, media, and culture, and how it will affect the future.

is technology killing our friendships: #Struggles Craig Groeschel, 2015 #Struggles by New York Times bestselling author Craig Groeschel helps readers who are desperate to take back their lives as Christ followers. He shows them how cut through our selfie-centered world and rediscover the biblical values---such as authenticity, compassion, contentment, rest, and more---that bring us closer to Jesus.

is technology killing our friendships: Digital Culture and Society Kate Orton-Johnson, 2024-02-23 This book provides a critical introduction to the ways in which digital technologies have enabled new types of interactions, experiences and collaborations across a range of platforms and media, profoundly shaping our socio-cultural landscapes. These discussions are grounded in classical sociological concepts; community, the self, gender, consumption, power and exclusion and inequality, to demonstrate the continuities that exist between sociological studies of 'real' world phenomena and their digital counterparts. Examining the various debates around methods in digital sociology in recent years, this book provides an accessible and engaging guide to using methodologies to study digital technology. From the moment we wake up until we go to bed, many of us constantly use digital technologies. Our mobile phones have become our maps, banks, newspapers and entertainment consoles. What's more, they allow us to be constantly connected with the people in our lives. This book will equip you to analyse digital media in your own work. The book offers a broad guide to the various areas of our lives that are impacted by digital technology, from the virtual communities that we form on social media to the impact that digital technology has on our identity through a 'sociology of selfies'. With chapters on leisure, work, privacy and methods, this is an essential introduction for students in the areas of sociology, digital media, and cultural studies. Learning features include: - Annotated further reading in every chapter - Case studies that illustrate theory - Learning objectives and questions throughout - Historical and theoretical context in every chapter

is technology killing our friendships: The Dumbest Generation Mark Bauerlein, 2008-05-15 This shocking, surprisingly entertaining romp into the intellectual nether regions of today's underthirty set reveals the disturbing and, ultimately, incontrovertible truth: cyberculture is turning us into a society of know-nothings. The Dumbest Generation is a dire report on the intellectual life of young adults and a timely warning of its impact on American democracy and culture. For decades, concern has been brewing about the dumbed-down popular culture available to young people and the impact it has on their futures. But at the dawn of the digital age, many thought they saw an answer: the internet, email, blogs, and interactive and hyper-realistic video games promised to yield a generation of sharper, more aware, and intellectually sophisticated children. The terms "information superhighway" and "knowledge economy" entered the lexicon, and we assumed that teens would use their knowledge and understanding of technology to set themselves apart as the vanguards of this new digital era. That was the promise. But the enlightenment didn't happen. The technology that was supposed to make young adults more aware, diversify their tastes, and improve

their verbal skills has had the opposite effect. According to recent reports from the National Endowment for the Arts, most young people in the United States do not read literature, visit museums, or vote. They cannot explain basic scientific methods, recount basic American history, name their local political representatives, or locate Iraq or Israel on a map. *The Dumbest Generation: How the Digital Age Stupefies Young Americans and Jeopardizes Our Future* is a startling examination of the intellectual life of young adults and a timely warning of its impact on American culture and democracy. Over the last few decades, how we view adolescence itself has changed, growing from a pitstop on the road to adulthood to its own space in society, wholly separate from adult life. This change in adolescent culture has gone hand in hand with an insidious infantilization of our culture at large; as adolescents continue to disengage from the adult world, they have built their own, acquiring more spending money, steering classrooms and culture towards their own needs and interests, and now using the technology once promoted as the greatest hope for their futures to indulge in diversions, from MySpace to multiplayer video games, 24/7. Can a nation continue to enjoy political and economic predominance if its citizens refuse to grow up? Drawing upon exhaustive research, personal anecdotes, and historical and social analysis, *The Dumbest Generation* presents a portrait of the young American mind at this critical juncture, and lays out a compelling vision of how we might address its deficiencies. *The Dumbest Generation* pulls no punches as it reveals the true cost of the digital age—and our last chance to fix it.

is technology killing our friendships: *National Security Issues in Science, Law, and Technology* Thomas A. Johnson, 2007-04-16 Using the best scientific decision-making practices, this book introduces the concept of risk management and its application in the structure of national security decisions. It examines the acquisition and utilization of all-source intelligence and addresses reaction and prevention strategies applicable to chemical, biological, and nuclear weapons; agricultural terrorism; cyberterrorism; and other potential threats to our critical infrastructure. It discusses legal issues and illustrates the dispassionate analysis of our intelligence, law enforcement, and military operations and actions. The book also considers the redirection of our national research and laboratory system to investigate weapons we have yet to confront.

is technology killing our friendships: *On Friendship* Alexander Nehamas, 2016-05-03 An eminent philosopher reflects on the nature of friendship, past and present. Friends are a constant feature of our lives, yet friendship itself is difficult to define. Even Michel de Montaigne, author of the seminal essay *Of Friendship*, found it nearly impossible to account for the great friendship of his life. Why is something so commonplace and universal so hard to grasp? What is it about the nature of friendship that proves so elusive? In *On Friendship*, the acclaimed philosopher Alexander Nehamas launches an original and far-ranging investigation of friendship. Exploring the long history of philosophical thinking on the subject, from Aristotle to Emerson and beyond, and drawing on examples from literature, art, drama, and his own life, Nehamas shows that for centuries, friendship was as much a public relationship as it was a private one—inseparable from politics and commerce, favors and perks. Now that it is more firmly in the private realm, Nehamas holds, close friendship is central to the good life. Profound and affecting, *On Friendship* sheds light on why we love our friends—and how they determine who we are, and who we might become.

is technology killing our friendships: *God, Technology, and the Christian Life* Tony Reinke, 2021-12-09 What Does God Think about Technology? From smartphones to self-driving cars to space travel, new technologies can inspire us. But the breakneck pace of change can also frighten us. So how do Christians walk by faith through the innovations of Silicon Valley? And how does God relate to our most powerful innovators? To build a biblical theology of technology, journalist and tech optimist Tony Reinke examines nine key texts from Scripture to show how the world's discoveries are divinely orchestrated. Ultimately, what we believe about God determines how we respond to human invention. With the help of several theologians and inventors throughout history, Reinke dispels twelve common myths in the church and offers fourteen ethical convictions to help Christians live by faith in the age of big tech. *Biblical, Informed Look at Technology: Written by the author of 12 Ways Your Phone Is Changing You and Competing Spectacles: Treasuring Christ in the Media*

Age Gathers Ideas from Industry Experts and Theologians: Interacts with Christian and non-Christian sources on technology and theology including John Calvin, Herman Bavinck, Wendell Berry, and Elon Musk Educational: Discusses the history and philosophy behind major technological innovations

is technology killing our friendships: The Voice of Technology Lilya Kaganovsky, 2018-02-13 1. This book presents the untold story of the role the emergence of cinematic sound had on Soviet politics and culture. The author contextualizes media technologies in the midst of the political and cultural environment of the early Soviet era. 2. The author is a returning IUP author who is extremely active in both Slavic studies and film and media studies. 3. This book will have a market among both film and Russian/East European studies scholars and is a strong contribution to IUPs growing international film history lists.

is technology killing our friendships: Unfriending My Ex Kim Stolz, 2015-01-06 The author presents a humorous look at her obsession with the Internet and her cellular phone, arguing that her dependence is a sign of how social media has made it difficult for her and her peers to have meaningful connections to others.

is technology killing our friendships: Startup Your Life Anna Akbari, 2016-12-27 A young entrepreneur and sociologist shows readers how to reach personal fulfillment using the same strategies that power Silicon Valley's greatest startups. As an entrepreneur, Anna Akbari learned that one of the best things about startups is their ability to "pivot" quickly—basically a euphemism for failing and starting over. And she quickly found that personal success is no different. It's not just about developing and following the right process but also having a good idea. And that demands rigor and daily maintenance—far beyond a few positive affirmations. Like any Silicon Valley startup, the business of life is not as glamorous as its Instagram account would make it seem. What do you do when planning is not an option? When control is out of your reach? You isolate the small stuff, experiment constantly, and use the results to lay a more sustainable foundation for the future. You validate your idealized vision by testing it out in bite-sized increments. You see what sticks, integrate, and move forward. And inevitably, you experience a series of failures along the way, but those failures are key to your next success. Living a start up life is about maximizing flexibility and measuring on-going results, not avoiding failure or reaching one particular end goal. It's about embracing defeat, analyzing it, and failing up. In *Startup Your Life*, Akbari shows that after all, it's often the stumbles that pave the way for real happiness.

is technology killing our friendships: The Smart Wife Yolande Strengers, Jenny Kennedy, 2021-08-31 The life and times of the Smart Wife--feminized digital assistants who are friendly and sometimes flirty, occasionally glitchy but perpetually available. Meet the Smart Wife--at your service, an eclectic collection of feminized AI, robotic, and smart devices. This digital assistant is friendly and sometimes flirty, docile and efficient, occasionally glitchy but perpetually available. She might go by Siri, or Alexa, or inhabit Google Home. She can keep us company, order groceries, vacuum the floor, turn out the lights. A Japanese digital voice assistant--a virtual anime hologram named Hikari Azuma--sends her master helpful messages during the day; an American sexbot named Roxxy takes on other kinds of household chores. In *The Smart Wife*, Yolande Strengers and Jenny Kennedy examine the emergence of digital devices that carry out wifework--domestic responsibilities that have traditionally fallen to (human) wives. They show that the principal prototype for these virtual helpers--designed in male-dominated industries--is the 1950s housewife: white, middle class, heteronormative, and nurturing, with a spick-and-span home. It's time, they say, to give the Smart Wife a reboot. What's wrong with preferring domestic assistants with feminine personalities? We like our assistants to conform to gender stereotypes--so what? For one thing, Strengers and Kennedy remind us, the design of gendered devices re-inscribes those outdated and unfounded stereotypes. Advanced technology is taking us backwards on gender equity. Strengers and Kennedy offer a Smart Wife manifesta, proposing a rebooted Smart Wife that would promote a revaluing of femininity in society in all her glorious diversity.

is technology killing our friendships: Culture Crash Scott Timberg, 2015-01-01 Argues that

United States' creative class is fighting for survival and explains why this should matter to all Americans.

is technology killing our friendships: The People Vs Tech Jamie Bartlett, 2018-04-05 From the bestselling author of *The Dark Net* comes a book that explains all the dangers of the digital revolution and offers concrete solutions on how we can protect our personal privacy, and democracy itself. The internet was meant to set us free. But have we unwittingly handed too much away to shadowy powers behind a wall of code, all manipulated by a handful of Silicon Valley utopians, ad men, and venture capitalists? And, in light of recent data breach scandals around companies like Facebook and Cambridge Analytica, what does that mean for democracy, our delicately balanced system of government that was created long before big data, total information, and artificial intelligence? In this urgent polemic, Jamie Bartlett argues that through our unquestioning embrace of big tech, the building blocks of democracy are slowly being removed. The middle class is being eroded, sovereign authority and civil society is weakened, and we citizens are losing our critical faculties, maybe even our free will. *The People Vs Tech* is an enthralling account of how our fragile political system is being threatened by the digital revolution. Bartlett explains that by upholding six key pillars of democracy, we can save it before it is too late. We need to become active citizens, uphold a shared democratic culture, protect free elections, promote equality, safeguard competitive and civic freedoms, and trust in a sovereign authority. This essential book shows that the stakes couldn't be higher and that, unless we radically alter our course, democracy will join feudalism, supreme monarchies and communism as just another political experiment that quietly disappeared.

is technology killing our friendships: The (New) American Way Mark R. Adams, 2019-08-23 Adam Marsh writes a book about a fictitious military takeover of the United States government. When his book becomes a reality, he finds himself at the forefront of the coup. The results of his actions are controversial, to say the least.

is technology killing our friendships: What Technology Wants Kevin Kelly, 2011-09-27 From the author of the New York Times bestseller *The Inevitable*— a sweeping vision of technology as a living force that can expand our individual potential In this provocative book, one of today's most respected thinkers turns the conversation about technology on its head by viewing technology as a natural system, an extension of biological evolution. By mapping the behavior of life, we paradoxically get a glimpse at where technology is headed-or what it wants. Kevin Kelly offers a dozen trajectories in the coming decades for this near-living system. And as we align ourselves with technology's agenda, we can capture its colossal potential. This visionary and optimistic book explores how technology gives our lives greater meaning and is a must-read for anyone curious about the future.

is technology killing our friendships: Because Internet Gretchen McCulloch, 2020-07-21 AN INSTANT NEW YORK TIMES BESTSELLER!! Named a Best Book of 2019 by TIME, Amazon, and The Washington Post A Wired Must-Read Book of Summer "Gretchen McCulloch is the internet's favorite linguist, and this book is essential reading. Reading her work is like suddenly being able to see the matrix." —Jonny Sun, author of *everyone's a little bit* when ur a little bit too *Because Internet* is for anyone who's ever puzzled over how to punctuate a text message or wondered where memes come from. It's the perfect book for understanding how the internet is changing the English language, why that's a good thing, and what our online interactions reveal about who we are. Language is humanity's most spectacular open-source project, and the internet is making our language change faster and in more interesting ways than ever before. Internet conversations are structured by the shape of our apps and platforms, from the grammar of status updates to the protocols of comments and @replies. Linguistically inventive online communities spread new slang and jargon with dizzying speed. What's more, social media is a vast laboratory of unedited, unfiltered words where we can watch language evolve in real time. Even the most absurd-looking slang has genuine patterns behind it. Internet linguist Gretchen McCulloch explores the deep forces that shape human language and influence the way we communicate with one another. She explains how your first social internet experience influences whether you prefer LOL or lol, why ~sparkly

tildes~ succeeded where centuries of proposals for irony punctuation had failed, what emoji have in common with physical gestures, and how the artfully disarrayed language of animal memes like lolcats and doggo made them more likely to spread.

is technology killing our friendships: Refresh Shona Murray, David Murray, 2017-10-13 I feel so overwhelmed. Do you race from one thing to the next, unable to keep up with all the demands of your ever-growing to-do list? Are you overcommitted and overstretched, but don't know how to slow down when the world just says to speed up? Is there any hope for rest in a world of never-ending demands? Many women don't realize they're running at an unsustainable pace until it hurts them physically, emotionally, and spiritually. Drawing on many years of counseling and their own experiences of burnout, wife and husband team Shona and David Murray want to help you slow down to a more grace-paced life—enabling you to avoid the pitfall of burnout, cultivate sustainable habits for the future, and experience the rest of body and soul that God intends for you.

is technology killing our friendships: The Shallows: What the Internet Is Doing to Our Brains Nicholas Carr, 2011-06-06 Finalist for the 2011 Pulitzer Prize in General Nonfiction: “Nicholas Carr has written a Silent Spring for the literary mind.”—Michael Agger, Slate “Is Google making us stupid?” When Nicholas Carr posed that question, in a celebrated Atlantic Monthly cover story, he tapped into a well of anxiety about how the Internet is changing us. He also crystallized one of the most important debates of our time: As we enjoy the Net’s bounties, are we sacrificing our ability to read and think deeply? Now, Carr expands his argument into the most compelling exploration of the Internet’s intellectual and cultural consequences yet published. As he describes how human thought has been shaped through the centuries by “tools of the mind”—from the alphabet to maps, to the printing press, the clock, and the computer—Carr interweaves a fascinating account of recent discoveries in neuroscience by such pioneers as Michael Merzenich and Eric Kandel. Our brains, the historical and scientific evidence reveals, change in response to our experiences. The technologies we use to find, store, and share information can literally reroute our neural pathways. Building on the insights of thinkers from Plato to McLuhan, Carr makes a convincing case that every information technology carries an intellectual ethic—a set of assumptions about the nature of knowledge and intelligence. He explains how the printed book served to focus our attention, promoting deep and creative thought. In stark contrast, the Internet encourages the rapid, distracted sampling of small bits of information from many sources. Its ethic is that of the industrialist, an ethic of speed and efficiency, of optimized production and consumption—and now the Net is remaking us in its own image. We are becoming ever more adept at scanning and skimming, but what we are losing is our capacity for concentration, contemplation, and reflection. Part intellectual history, part popular science, and part cultural criticism, *The Shallows* sparkles with memorable vignettes—Friedrich Nietzsche wrestling with a typewriter, Sigmund Freud dissecting the brains of sea creatures, Nathaniel Hawthorne contemplating the thunderous approach of a steam locomotive—even as it plumbs profound questions about the state of our modern psyche. This is a book that will forever alter the way we think about media and our minds.

is technology killing our friendships: The Sun Does Shine Anthony Ray Hinton, Lara Love Hardin, 2018-03-27 A powerful, revealing story of hope, love, justice, and the power of reading by a man who spent thirty years on death row for a crime he didn't commit--

is technology killing our friendships: Feed M. T. Anderson, 2010-05-11 Identity crises, consumerism, and star-crossed teenage love in a futuristic society where people connect to the Internet via feeds implanted in their brains. Winner of the LA Times Book Prize. For Titus and his friends, it started out like any ordinary trip to the moon - a chance to party during spring break and play around with some stupid low-grav at the Ricochet Lounge. But that was before the crazy hacker caused all their feeds to malfunction, sending them to the hospital to lie around with nothing inside their heads for days. And it was before Titus met Violet, a beautiful, brainy teenage girl who knows something about what it's like to live without the feed-and about resisting its omnipresent ability to categorize human thoughts and desires. Following in the footsteps of George Orwell, Anthony Burgess, and Kurt Vonnegut, Jr., M. T. Anderson has created a brave new world - and a hilarious

new lingo - sure to appeal to anyone who appreciates smart satire, futuristic fiction laced with humor, or any story featuring skin lesions as a fashion statement.

is technology killing our friendships: *The Rise of the Humans: How to outsmart the digital deluge* Dave Coplin, 2014-06-02 The rapid growth of our digital world has brought huge advantages - access to information anywhere, at any time, and the ability to communicate with colleagues, family and friends around the globe in real-time. But in other ways, the same technology has also disconnected us. Computers risk becoming less of a productivity tool and more like information firehoses, drowning us in a deluge of data that can keep us from doing meaningful, real work. The devices in our hands connect us like never before, but they vie for our attention to the point where they are beginning to disconnect us from the real world. In this book, Dave Coplin argues that right now it feels like the machines are taking over but if we stop thinking about the digital deluge as a problem and instead see it as an incredible opportunity we will be able to redress the balance. Technology offers our society so much but it is up to us, the humans, to rise to that potential.

is technology killing our friendships: *Moral, Ethical, and Social Dilemmas in the Age of Technology: Theories and Practice* Luppigini, Rocci, 2013-02-28 Our social, educational, professional, and political ethics play a significant role in every aspect of our life. As technology continues to influence our society, these principles need to be valued. *Moral, Ethical, and Social Dilemmas in the Age of Technology: Theories and Practice* highlights the innovations and developments in the ethical features of technology in society. This comprehensive collection brings together research in the areas of computer, engineering, and biotechnical ethics. These theoretical studies and innovative methodologies are essential for researchers, practitioners and philosophers.

is technology killing our friendships: *Your Survival Instinct Is Killing You* Marc Schoen, 2014-03-25 Stop running. Nothing is chasing you. Thanks to technology, today's world is more comfortable than ever, but our survival instinct that evolved to protect us from danger is on high alert. Though mild discomforts such as work demands, traffic jams, family conflict, or having to perform under pressure are not life threatening, they can still trigger the brain's fight or flight fear reaction. And this response can lead to a reliance on drugs, alcohol, overeating, insomnia, phobias, chronic pain, illness, or just losing our temper for no apparent reason. In this eye-opening book, psychologist Dr. Marc Schoen offers practical strategies to tame your overly reactive survival instinct and conquer fear, build resilience, boost decision-making, and improve every aspect of your life.

is technology killing our friendships: *Digital Is Destroying Everything* Andrew V. Edwards, 2015-06-01 Every year, perhaps even every week, there is some new gadget, device, service, or other digital offering intended to make our lives easier, better, more fun, or more instantaneous--making it that much harder to question how anything digital can be bad for us. Digital has created some wonderful things and we can hardly imagine life without them. But digital—the most relentless social and economic juggernaut humanity has unleashed in centuries—is also destroying much we had taken for granted. And what is your place in this brave new world? In *Digital Is Destroying Everything*, futurist and digital marketing consultant Andrew Edwards tours the “blasted heath” digital is leaving behind and takes a fearless look at the troubled landscape that may lie ahead. The book is not, despite its title, a dystopian rant against all things digital and technological. Instead, expect to find a lively investigation into the ways digital has opened us to new and sometimes quite wonderful experiences, driven down costs for consumers, and given information a chance to be free. But the book also takes a clear-eyed look at many of the good (and sometimes bad) things—businesses and behaviors—digital has destroyed, and how the world may be diminished, compromised, and altered forever in its wake. This tour of the effects of digital technologies on our lives is sure to raise questions, touch a nerve, and enlighten even the most dedicated digital enthusiasts.

is technology killing our friendships: *Stop Teaching Our Kids To Kill, Revised and Updated Edition* Lt. Col. Dave Grossman, Gloria Degaetano, 2014-08-05 Completely revised and updated, a much-needed call to action for every parent, teacher, and citizen to help our children and stop the

wave of killing and violence gripping America's youth Newtown, Aurora, Virginia Tech, Columbine. There is no bigger or more important issue in America than youth violence. Kids, some as young as ten years old, take up arms with the intention to murder. Why is this happening? Lt. Col. Dave Grossman and Gloria DeGaetano believe the root cause is the steady diet of violent entertainment kids see on TV, in movies, and in the video games they play—witnessing hundreds of violent images a day. Offering incontrovertible evidence based on recent scientific studies and research, they posit that this media is not just conditioning children to be violent and see killing as acceptable but teaching them the mechanics of killing as well. *Stop Teaching Our Kids to Kill* supplies the statistics, interprets the copious research that exists on the subject, and suggests the many ways to make a difference in your home, at school, in your community, in the courts, and in the larger world. In using this book, parents, educators, social-service workers, youth advocates, and anyone interested in the welfare of our children will have a solid foundation for effective action and prevention of future Columbines, Jonesboros, and Newtowns.

is technology killing our friendships: The Science of Effective Communication: Improve Your Social Skills and Small Talk, Develop Charisma and Learn How to Talk to Anyone Ian Tuhovsky, *Here's How You Can Supercharge Your Communication Skills & Step Up Your Social Game - Starting Today!* If you are looking for a way to take conversations with friends, intimate relationships, and business communication to another level, look no further. Finally, you can improve your people skills, master the art of the small talk, and drastically enhance the way you communicate with your friends, family, coworkers, or employees with a powerful communication book that will teach you how to talk to anyone. Introducing Ian Tuhovsky's *The Science Of Effective Communication - The Essential Communication Guide For Men & Women!* Your days of ignorance are over. Your days of awkward silences are over. Your days of stress and social anxiety are over. By the end of this eye-opening guide to effective communication, you will be able to crack the confidence code and finally understand: □ How To Listen, Make Your Voice More Attractive & Take A Digital Detox □ How To Stop Fearing Judgement, Use Empathy In Conversation & Avoid Expressing Negativity □ How To Ask Excellent Questions, Handle Heated Debates & Persuade With Arguments Why Choose This Comprehensive Communication 101 Guide? Best-selling author and master communicator, Ian Tuhovsky, leaves no stone unturned when it comes to revealing some of the little-known communication secrets used by successful conversationalists. What's In It For You? If you often feel like an outsider, if you have trouble breaking the ice, if you want to make new friends, if you want to add another skill to your arsenal, if you want to build better relationships... this communication guide will help you learn how to: □ Communicate Better With Everyone □ Improve Your Conversation Skills & Make More Friends □ Develop Crucial Social Skills & Make People Like You □ Bust The Charisma Myth & Excel In Interviews □ Become An Interpersonal Communication Master □ MY GIFT TO YOU INSIDE: Link to download my 120-page e-book "Mindfulness Based Stress and Anxiety Management Tools" at no additional cost! What Are You Waiting For? It's Time To Invest In Yourself!

is technology killing our friendships: The Lonely American Jacqueline Olds, MD, Richard S. Schwartz, MD, 2009-02-01 In today's world, it is more acceptable to be depressed than to be lonely-yet loneliness appears to be the inevitable byproduct of our frenetic contemporary lifestyle. According to the 2004 General Social Survey, one out of four Americans talked to no one about something of importance to them during the last six months. Another remarkable fact emerged from the 2000 U.S. Census: more people are living alone today than at any point in the country's history—fully 25 percent of households consist of one person only. In this crucial look at one of America's few remaining taboo subjects—loneliness—Drs. Jacqueline Olds and Richard S. Schwartz set out to understand the cultural imperatives, psychological dynamics, and physical mechanisms underlying social isolation. In *The Lonely American*, cutting-edge research on the physiological and cognitive effects of social exclusion and emerging work in the neurobiology of attachment uncover startling, sobering ripple effects of loneliness in areas as varied as physical health, children's emotional problems, substance abuse, and even global warming. Surprising new studies tell a grim

truth about social isolation: being disconnected diminishes happiness, health, and longevity; increases aggression; and correlates with increasing rates of violent crime. Loneliness doesn't apply simply to single people, either—today's busy parents cocoon themselves by devoting most of their non-work hours to children, leaving little time for friends, and other forms of social contact, and unhealthily relying on the marriage to fulfill all social needs. As a core population of socially isolated individuals and families continues to balloon in size, it is more important than ever to understand the effects of a culture that idealizes busyness and self-reliance. It's time to bring loneliness—a very real and little-discussed social epidemic with frightening consequences—out into the open, and find a way to navigate the tension between freedom and connection in our lives.

is technology killing our friendships: The Art of Asking Amanda Palmer, 2014-11-11 Rock star, crowdfunding pioneer, and TED speaker Amanda Palmer knows all about asking. Performing as a living statue in a wedding dress, she wordlessly asked thousands of passersby for their dollars. When she became a singer, songwriter, and musician, she was not afraid to ask her audience to support her as she surfed the crowd (and slept on their couches while touring). And when she left her record label to strike out on her own, she asked her fans to support her in making an album, leading to the world's most successful music Kickstarter. Even while Amanda is both celebrated and attacked for her fearlessness in asking for help, she finds that there are important things she cannot ask for—as a musician, as a friend, and as a wife. She learns that she isn't alone in this, that so many people are afraid to ask for help, and it paralyzes their lives and relationships. In this groundbreaking book, she explores these barriers in her own life and in the lives of those around her, and discovers the emotional, philosophical, and practical aspects of *The Art of Asking*. Part manifesto, part revelation, this is the story of an artist struggling with the new rules of exchange in the twenty-first century, both on and off the Internet. *The Art of Asking* will inspire readers to rethink their own ideas about asking, giving, art, and love.

is technology killing our friendships: Technology in Education Raymond S. Nickerson, Philip P. Zdziarski, 2013-05-13 Some of today's educational experts were asked to envision the year 2020, when technology has assumed a major role in elementary and secondary education. The informed conjecture that followed is contained in this volume; contributors offer visions of the future as well as specific steps that could turn those visions into realities. Innovative ideas for research, development, hardware, software, teacher training, technical assistance, organizational and cultural change are offered as a means to illuminate the potential role of technology in the educational systems of tomorrow. *Technology in Education* is a thought-provoking statement of what can and should be done to advance the application of technology to education over the next few decades. As such, it should be read by all researchers and professionals in educational technology.

is technology killing our friendships: Making the Modern World Vaclav Smil, 2013-10-02 How much further should the affluent world push its material consumption? Does relative dematerialization lead to absolute decline in demand for materials? These and many other questions are discussed and answered in *Making the Modern World: Materials and Dematerialization*. Over the course of time, the modern world has become dependent on unprecedented flows of materials. Now even the most efficient production processes and the highest practical rates of recycling may not be enough to result in dematerialization rates that would be high enough to negate the rising demand for materials generated by continuing population growth and rising standards of living. This book explores the costs of this dependence and the potential for substantial dematerialization of modern economies. *Making the Modern World: Materials and Dematerialization* considers the principal materials used throughout history, from wood and stone, through to metals, alloys, plastics and silicon, describing their extraction and production as well as their dominant applications. The evolving productivities of material extraction, processing, synthesis, finishing and distribution, and the energy costs and environmental impact of rising material consumption are examined in detail. The book concludes with an outlook for the future, discussing the prospects for dematerialization and potential constraints on materials. This interdisciplinary text provides useful perspectives for readers with backgrounds including resource economics, environmental studies, energy analysis,

mineral geology, industrial organization, manufacturing and material science.

is technology killing our friendships: Killing Tradition Simon J. Bronner, 2008-11-21
Across the country and around the world, people avidly engage in the cultural practice of hunting. Children are taken on rite-of-passage hunting trips, where relationships are cemented and legacies are passed on from one generation to another. Meals are prepared from hunted game, often consisting of regionally specific dishes that reflect a community's heritage and character. Deer antlers and bear skins are hung on living room walls, decorations and relics of a hunter's most impressive kills. Only 5 percent of Americans are hunters, but that group has a substantial presence in the cultural consciousness. Hunting has spurred controversy in recent years, inciting protest from animal rights activists and lobbying from anti-cruelty demonstrators who denounce the custom. But hunters have responded to such criticisms and the resulting legislative censures with a significant argument in their defense -- the claim that their practices are inextricably connected to a cultural tradition. Further, they counter that they, as representatives of the rural lifestyle, pioneer heritage, and traditional American values, are the ones being victimized. Simon J. Bronner investigates this debate in *Killing Tradition: Inside Hunting and Animal Rights Controversies*. Through extensive research and fieldwork, Bronner takes on the many questions raised by this problematic subject: Does hunting promote violence toward humans as well as animals? Is it an outdated activity, unnecessary in modern times? Is the heritage of hunting worth preserving? *Killing Tradition* looks at three case studies that are at the heart of today's hunting debate. Bronner first examines the allegedly barbaric rituals that take place at deer camps every late November in rural America. He then analyzes the annual Labor Day pigeon shoot of Hegins, Pennsylvania, which brings animal rights protests to a fever pitch. Noting that these aren't simply American concerns (and that the animal rights movement in America is linked to British animal welfare protests), Bronner examines the rancor surrounding the passage of Great Britain's Hunting Act of 2004 -- the most comprehensive and divisive anti-hunting legislation ever enacted. The practice of hunting is sure to remain controversial, as it continues to be touted and defended by its supporters and condemned and opposed by its detractors. With *Killing Tradition*, Bronner reflects on the social, psychological, and anthropological issues of the debate, reevaluating notions of violence, cruelty, abuse, and tradition as they have been constructed and contested in the twenty-first century.

is technology killing our friendships: Positive Technology: Designing E-experiences for Positive Change Andrea Gaggioli, Daniela Villani, Silvia Serino, Rosa Banos, Cristina Botella, 2019-09-23
In recent years, there has been a growing interest in the potential role that digital technologies can play in promoting well-being. Smartphones, wearable devices, virtual/augmented reality, social media, and the internet provide a wealth of useful tools and resources to support psychological interventions that facilitate positive emotions, resilience, personal growth, creativity, and social connectedness. Understanding the full extent of this potential, however, requires an interdisciplinary approach that integrates the scientific principles of well-being into the design of e-experiences that foster positive change. This book provides an overview of recent advances and future challenges in Positive Technology, an emergent field within human-computer interaction that seeks to understand how interactive technologies can be used in evidence-based well-being interventions. Its focus of analysis is two-fold: at the theoretical level, Positive Technology aims to develop conceptual frameworks and models for understanding how computers can be effectively used to help individuals achieve greater well-being. At the methodological and applied level, Positive Technology is concerned with the design, development, and validation of digital experiences that promote positive change through pleasure, flow, meaning, competence, and positive relationships.

is technology killing our friendships: Counterterrorism Technology Sharing United States. Congress. House. Committee on Armed Services. Subcommittee on Terrorism, Unconventional Threats, and Capabilities, 2006

is technology killing our friendships: The Journal of Philosophy, Psychology and Scientific Methods, 1916

is technology killing our friendships: Modern Romance Aziz Ansari, Eric Klinenberg,

2016-06-14 The #1 New York Times Bestseller “An engaging look at the often head-scratching, frequently infuriating mating behaviors that shape our love lives.” —Refinery 29 A hilarious, thoughtful, and in-depth exploration of the pleasures and perils of modern romance from Aziz Ansari, the star of Master of None and one of this generation’s sharpest comedic voices At some point, every one of us embarks on a journey to find love. We meet people, date, get into and out of relationships, all with the hope of finding someone with whom we share a deep connection. This seems standard now, but it’s wildly different from what people did even just decades ago. Single people today have more romantic options than at any point in human history. With technology, our abilities to connect with and sort through these options are staggering. So why are so many people frustrated? Some of our problems are unique to our time. “Why did this guy just text me an emoji of a pizza?” “Should I go out with this girl even though she listed Combos as one of her favorite snack foods? Combos?!” “My girlfriend just got a message from some dude named Nathan. Who’s Nathan? Did he just send her a photo of his penis? Should I check just to be sure?” But the transformation of our romantic lives can’t be explained by technology alone. In a short period of time, the whole culture of finding love has changed dramatically. A few decades ago, people would find a decent person who lived in their neighborhood. Their families would meet and, after deciding neither party seemed like a murderer, they would get married and soon have a kid, all by the time they were twenty-four. Today, people marry later than ever and spend years of their lives on a quest to find the perfect person, a soul mate. For years, Aziz Ansari has been aiming his comic insight at modern romance, but for Modern Romance, the book, he decided he needed to take things to another level. He teamed up with NYU sociologist Eric Klinenberg and designed a massive research project, including hundreds of interviews and focus groups conducted everywhere from Tokyo to Buenos Aires to Wichita. They analyzed behavioral data and surveys and created their own online research forum on Reddit, which drew thousands of messages. They enlisted the world’s leading social scientists, including Andrew Cherlin, Eli Finkel, Helen Fisher, Sheena Iyengar, Barry Schwartz, Sherry Turkle, and Robb Willer. The result is unlike any social science or humor book we’ve seen before. In Modern Romance, Ansari combines his irreverent humor with cutting-edge social science to give us an unforgettable tour of our new romantic world.

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