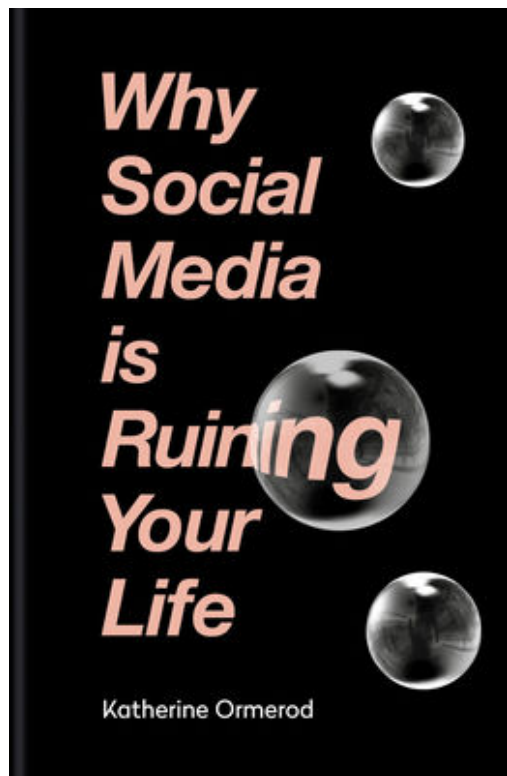


Télécharger Livres Gratuit Why Social Media is Ruining Your Life (PDF | ePub | Mobi) Katherine Ormerod download-free



'This book is a call to arms from the eye of the storm'
- Emma Gannon, author of *The Multi-Hyphen Method*

'Enter Ormerod's vital manual, which will help you navigate social media and turn it not into a weapon, but a useful tool' - Pandora Sykes

Do you ever obsess about your body? Do you lie awake at night, fretting about the state of your career? Does everyone else's life seem better than yours? Does it feel as if you'll never be good enough?

Why Social Media is Ruining Your Life tackles head on the pressure cooker of comparison and unreachable levels of perfection that social media has created in our modern world.

In this book, Katherine Ormerod meets the experts involved in curating, building and combating the most addictive digital force humankind has ever created. From global influencers - who collectively have over 10 million followers - to clinical psychologists, plastic surgeons and professors, Katherine uncovers how our relationship with social media has rewired our behavioural patterns, destroyed our confidence and shattered our attention spans.

Why Social Media is Ruining Your Life is a rallying cry that will provide you with the knowledge, tactics and weaponry you need to find a more healthy way to consume social media and reclaim your happiness.

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