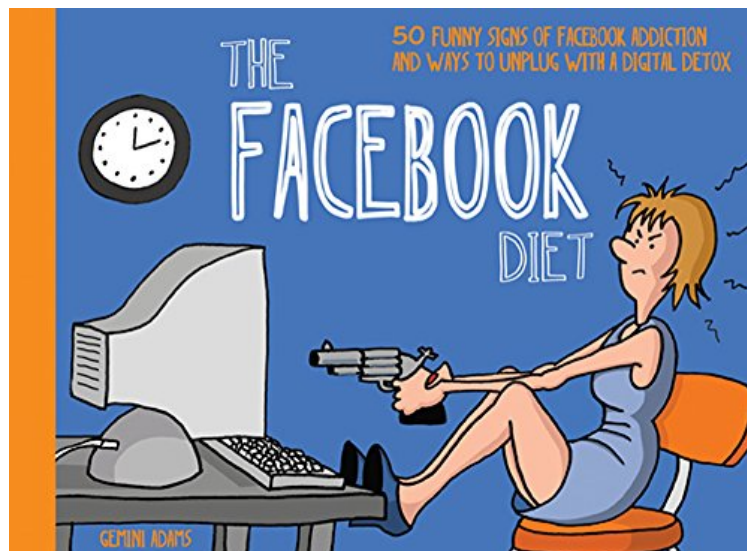


[Online library] The Facebook Diet: 50 Funny Signs of Facebook Addiction and Ways to Unplug with a Digital Detox (The Unplug Series)

The Facebook Diet: 50 Funny Signs of Facebook Addiction and Ways to Unplug with a Digital Detox (The Unplug Series)

Gemini Adams

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Gemini Adams : The Facebook Diet: 50 Funny Signs of Facebook Addiction and Ways to Unplug with a Digital Detox (The Unplug Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Facebook Diet: 50 Funny Signs of Facebook Addiction and Ways to Unplug with a Digital Detox (The Unplug Series):

1 of 3 people found the following review helpful. CuteBy DubbyFThis is mostly cute cartoons about "you know you do too much Facebook if..." But I see a lot of this kind of humor every day on Facebook. Some are quite funny, but some are over the line of decency. The suggestions to detox are too few and too unrealistic. Quick read.0 of 0 people found the following review helpful. The real value is to use this as a gift and hintBy Mike TarraniI normally do not review books, but this one piqued my interest and I accepted a review copy from the publisher. After a quick read I found it to be humorous for the most part, and consistently positive. What it is isn't: a balanced look at facebook and other social media, a how-to guide on breaking the addiction, or a collection of substantive axioms.What it is: fun. More importantly, giving this book as a gift serves as a gentle hint to someone about whom you care that - perhaps - they have developed an unhealthy obsession. It's a gentle way of holding up a mirror and saying, 'take a look'.My own personal experience with facebook was an early and strong addiction. I had lost a loved one and also had recently retired, so my whole life was tied up on that site. At some point I let it all go, but initially I was every bit as addicted as many of the examples in the book. This book would not have helped me had I purchased it myself. However, had a well meaning friend given me a copy I would have understood the context of the gesture.I mentioned that this is not balanced nor substantive. That's because the author chose to keep things light and positive, and sidestep some of the uglier incidents that have taken place on the site. That kind of behavior is usually handled with more seriously. Here it's fun in a well laid out book that is more like Powerpoint slides. Easy to read, and some of the situations hit the spot and others you may not be able to relate to - but all ring true to someone. I had to smile at more than a few because I

saw myself. Others went right over my sixty-five year old head. More of the book depicts caricatures of the symptoms of the addiction. The final few pages were glib prescriptions for breaking the addiction. Not real solutions, but hints - some quite absurd - about what you could do to break the hold and actually get a life. As I said, this book is more of a gag gift to give to friends, associates and loved ones as a way to let them know that you recognize an obsession. It's attractive, a fast read and some of the material does hit the mark and cause one to reflect. I am sure with some people it will take both a gift of this book and a swift kick in the pants, and some are too far gone to see the value in the message. 3 of 4 people found the following review helpful. "HILARIOUS, ENTERTAINING, AND CLEVER!" By Author/Reviewer Geri Ahearn Gemini Adams delivers a hilarious, entertaining clever book with 50 colorful illustrations that are symbolic of a brilliant message about the world's fixation of Facebook addiction. The author sends out a polite, humorous message that clearly highlights the essential need of a 'wake-up call.' Although this book is inspiring and thought-provoking, it is also extremely useful, especially for thousands of people who don't admit to the ongoing epidemic that is addicting. The author reminds all of us how easy it is to become mesmerized to Facebook and any social media websites that can cause bad behaviors, how fast we can become addicted, and the influence it has on controlling our lives. In addition, the inviting illustrations portray the extent we will go to, before we realize how much of a Facebook junkie we have become. More important, Gemini Adams directs bad behavior to recognition of addiction, reminding us of embarrassing situations, and that confessing the addiction is step one to the road of recovery. With 1 billion users on Facebook, millions of readers will laugh-out-loud for two reasons. The first reason is because the illustrations are extremely funny, the main reason why they are funny is because it's true! The author encourages the reader to examine the health of our social media habits, and begin to set priorities in today's high-tech world. "THE FACEBOOK DIET" is brilliant, motivating, and inspiring. Highly recommended! Special Note: I received a signed copy of this book from the publisher, in exchange for an honest review.

"Addicted to Facebook? It may be time to rethink your priorities, consider a 'Facebook Diet.'" -- THE HUFFINGTON POST "An amusing look at our fixation with this phenomenon." -- THE FEATHERED QUILL "A fun, entertaining and giggle inducing read." -- THE BOMBSHELL MOMMY "A hilarious gift book. Perfect for friends who might be spending a little too much time online. Highly recommended." -- THE MIDWEST BOOK REVIEW "A tongue in cheek look at our social media excess." -- THE DENVER POST About the Author