



Video Game Addiction: How to End Your Video Game Addiction Once and For All (Addiction Recovery, Addictions, Video Game Addiction, Online Gaming Addiction)

Henry Lee

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A Concise and No-Fluff Guide on How to End Your Video Gambling Addiction NOW

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Video game addiction is gradually becoming a more serious problem in our society. With recent games, such as Flappy Bird and Candy Crush, people are not only spending more time playing these games, but wasting money on them as well. In extreme cases, this addiction has led to serious family and social conflict. This guide will outline a fast and efficient method to help you free yourself from video game addiction.

Here is What's Included in the Book

- How to identify what is triggering your addiction to video games
- How to develop a game plan to end this addiction
- How to in remain free from this addiction

Testimonials

"This new book by Henry Lee is a really practical guide to the topic. It comprises an in-depth exploration the topic. As a guide it is tangible and effective and it makes it possible to identify the problem and also deal with it. Apart from the specifics in the book - it gave me lots of insight into the gaming addiction problem more generally. Highly recommended." **Jake**

"As a former teenage computer game addict myself I wish I had this book back then. I don't even know how much I missed while I sat in front in front of my playstation 1. There was so many of beneficial things I could have been doing with y time. This book touches on a very important and often over looked problem in society which effect both younger and older people alike. If you feel like you have a problem with video games or somebody close to you has then you owe it to yourself to read this book." **Kindle Critic**

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