

Obsession with Technology:

Phantom vibrations, binge watching tv, constantly checking one's phone - all of these symptoms can be signs of obsession with technology. This unhealthy obsession can invade your personal and professional life in ways that could potentially affect your relationships with other people. Luckily, we have developed an easy solution to overcome your obsession.

To learn more about obsession with technology visit:

https://www.huffingtonpost.com/dr-larry-rose/n/our-obsession-relationshi_b_6005726.html

<https://blog.hubspot.com/marketing/behaviors-technology>

<https://psychcentral.com/lib/idiorder-understanding-our-obsession-with-technology-and-overcoming-its-hold-on-us/>

About CTP:

Center For Technological Pain is a non-profit organization focused on offering DIY and Open Source solutions to health problems caused by technology. These solutions range from physical objects that help eliminate certain problems to self-defense moves and classes that help beat tech-addiction.

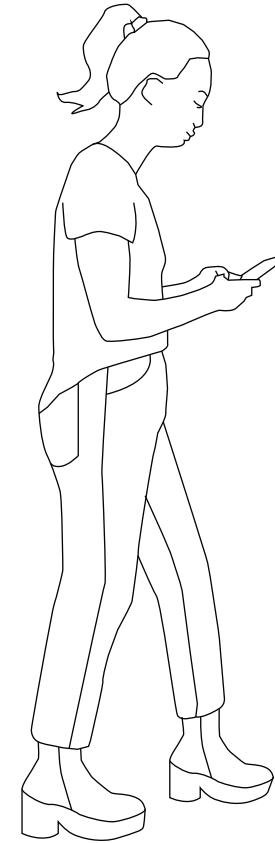
For more information visit:

website:
centerfortechpain.com

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OBSSESSION



Self-Defense
Against Technology



A LIL' PUSHY

Forming an unhealthy obsession with the devices we use is very common nowadays.

When you see a person in need of giving up their device, give them a push in the right direction.

