



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

By -

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Live Consciously, United Kingdom, 2013. Paperback. Book Condition: New. Gemini Adams (illustrator). 188 x 140 mm. Language: English . Brand New Book. A tongue-in-cheek look at our love of social media through 50 hilarious cartoons that complete the question, You Know You re a Facebook Addict When.? Award-winning author and artist, Gemini Adams, offers a hilarious look at the most idiotic, embarrassing and cringe-worthy behaviors of our social media excess. With over 1 billion people now on Facebook (that s 1 in every 7 of us) and over 30 checking their account before brushing their teeth or hair in the mornings, it seems most can confess to an addictive Facebook habit; whether it s stalking an ex, faking bathroom breaks to read news, checking-in wherever they go, or art-directing photo s for the perfect profile pic. Packed with funny digital detox tips that gently poke at readers to examine the health of their high-tech habits and unplug once in a while, this laugh-out-loud gift book is guaranteed to bring a smile of recognition to Facebook junkies everywhere!.



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