

Delve Deeper into *Web Junkie*

A film by **Shosh Shlam and Hilla Medalia**

This list of fiction and nonfiction books, compiled by Rachael Harkness of Portland Public Library provides a range of perspectives on the issues raised by the POV documentary *Web Junkie*.

*In China, Internet addiction has been declared a national health crisis. With extraordinary access, **Web Junkie** delves into the treatment regimen for teenagers in a three-month military-style rehab program. Official Selection of the 2014 Sundance Film Festival.*

ADULT NONFICTION

Aboujaoude, Elias. *Virtually You: The Dangerous Powers of the E-personality*. New York: W.W. Norton, 2011.

Whether sharing photos or following financial markets, many of us spend a shocking amount of time online. While the Internet can enhance well-being, Elias Aboujaoude has spent years treating patients whose lives have been profoundly disturbed by it. Part of the danger lies in how the Internet allows us to act with exaggerated confidence, sexiness, and charisma. This new self, which Aboujaoude dubs our "e-personality," manifests itself in every curt email we send, Facebook "friend" we make, and "buy now" button we click. Too potent to be confined online, however, e-personality traits seep offline, too, making us impatient, unfocused, and urge-driven even after we log off.

boyd, danah. *It's Complicated: The Social Lives of Networked Teens*. New Haven: Yale University Press, 2014. What is new about how teenagers communicate through services such as Facebook, Twitter, and Instagram? Do social media affect the quality of teens' lives? In this book, the author, a youth culture and technology expert examines the conventional wisdom regarding teens' use of social media. She explores tropes about identity,

privacy, safety, danger, and bullying.

Carr, Nicholas. *The Shallows: What the Internet is Doing to Our Brains*. New York: W.W. Norton, 2011.

"Is Google making us stupid?" When Nicholas Carr posed that question in a celebrated *Atlantic Monthly* cover story, he tapped into a well of anxiety about how the Internet is changing us. He also crystallized one of the most important debates of our time: As we enjoy the Web's bounties, are we sacrificing our ability to read and think deeply?

Gardner, Howard and Katie Davis. *The App Generation*. New Haven: Yale University Press, 2013. No one has failed

to notice that the current generation of youth is deeply—some would say totally—involved with digital media. Professors Howard Gardner and Katie Davis name today's young people The App Generation, and in this spellbinding book they explore what it means to be "app-dependent" versus "app-enabled" and how life for this generation differs from life before the digital era.

Huang, Hanyun. *Social Media Generation in Urban China: A Study of Social Media Use and Addiction Among Adolescents*. Berlin: Imprint, Springer, 2014.

This exploratory study proposes the concept of "social media addiction" and examines whether social media addiction exists among adolescents in urban China and, if so, who the addicts are, what their symptoms are, and to what extent they are addicted. It also asks whether sociopsychological traits (e.g. need for affiliation, impression management, narcissism, and leisure boredom) can predict social media addiction among adolescents, and what gratifications are obtained by adolescents from their use of social media and whether these gratifications can predict social media addiction. Finally, Huang examines to what degree social media addiction influences

adolescents' academic performance and social capital.

McGonigal, Jane. *Reality is Broken: Why Games Make Us Better and How They Can Change the World*. New York: Penguin Group, 2011.

Visionary game designer Jane McGonigal reveals how we can harness the power of computer games to solve real-world problems and boost global happiness. Her research suggests that gamers are expert problem solvers and collaborators, because they regularly cooperate with other players to overcome daunting virtual challenges, and she helped pioneer a fast-growing genre of games that aims to turn gameplay to socially positive ends.

Rosen, Larry D. *iDisorder: Understanding Our Obsession with Technology and Overcoming Its Hold on Us*. New York: Palgrave Macmillan, 2013.

"iDisorder:" Changes to your brain's ability to process information and your ability to relate to the world due to your daily use of media and technology resulting in signs and symptoms of psychological disorders – such as stress, sleeplessness, and a compulsive need to check in with all of your technology. Based on decades of research and expertise in the "psychology of technology," Dr. Larry Rosen offers clear, down-to-earth explanations for why many of us are suffering from an "iDisorder." Rosen offers solid, proven strategies to help us overcome the iDisorder we all feel in our lives while still making use of all that technology offers.

So, Sherman and Westland, J. Christopher. *Red Wired: China's Internet Revolution*. London: Marshall Cavendish, 2010. China now contains the largest population of Internet users in the world and it is continuing to grow. Red Wired inspects the impact that this widespread adoption of Internet use has had on China with a



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particular emphasis on how it has affected businesses.

Young, Kimberly S. *Internet Addiction: A Handbook and Guide to Evaluation and Treatment*. Hoboken: John Wiley & Sons, Inc., 2011.

International in scope and empirically based, the cultural and global impact of this subject is discussed, introducing practitioners to the latest clinical implications, assessment methods, and treatment approaches in working with clients suffering from this emerging addictive disorder.

ADULT FICTION

Eggers, Dave. *The Circle*. New York: Knopf, 2013.

When Mae Holland is hired to work for the world's most powerful internet company, she can't believe her luck. The Circle, run out of a hip, sprawling California campus, links users' online data with their universal operating system, creating a new age of civility and transparency. But the story of one woman's ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy, and the limits of human knowledge.

Williams, Tad. *River of Blue Fire*. New York: DAW Books, 1998.

Explorers of the virtual-reality universe Otherland, attempt to return to the real world, only to be flung into even more bizarre worlds. The universe is the creation of evil men who trap the minds of children in their quest for eternal life.

NONFICTION FOR YOUNGER READERS

Berlatsky, Noah. *China (Opposing Viewpoints)*. San Diego: Greenhaven Press, 2010. Part of a textbook series.

Essays cover various contemporary topics from militarization, human rights and democratization, and environmental protections.

Stoehr, James D. *The Neurobiology of Addiction (Gray Matter)*. New York: Chelsea House Publishers, 2005.

Explore the subtle chemical and biological changes that drugs produce in the brain and body to cause the physical and emotional dependence characteristic of addiction.

FICTION FOR YOUNGER READERS

Asher, Jay. *The Future of Us*. New York: Razorbill, 2011.

It's 1996, and less than half of all American high school students have ever used the Internet. Emma just got her first computer and Josh is her best friend. They power up and log on—and discover themselves on Facebook, fifteen years in the future. Everybody wonders what their Destiny will be. Josh and Emma are about to find out.

Cline, Ernest. *Ready Player One: A Novel*. New York: Crown Publishers, 2011.

Ready Player One takes place in the not-so-distant future—the world has turned into a very bleak place, but luckily there is OASIS, a virtual reality world that is a vast online utopia. People can plug into OASIS to play, go to school, earn money, and even meet other people (or at least they can meet their avatars), and—for protagonist Wade Watts, it certainly beats passing the time in his grim, poverty-stricken real life. Along with millions of other world-wide citizens, Wade dreams of finding three keys left behind by James Halliday, the now-deceased creator of OASIS and the richest man to have ever lived. The keys are rumored to be hidden inside OASIS, and whoever finds them will inherit Halliday's fortune. But Halliday has not made it easy.

Doctorow, Cory. *In Real Life*. New York: First Second, 2014.

Anda loves Coarsegold Online, the massively-multiplayer role playing game that she spends most of her free time on. It's a place where she can be a leader, a fighter, a

hero. It's a place where she can meet people from all over the world, and make friends. But things become a lot more complicated when Anda befriends a gold farmer—a poor Chinese kid whose avatar in the game illegally collects valuable objects and then sells them to players from developed countries with money to burn. This behavior is strictly against the rules in Coarsegold, but Anda soon comes to realize that questions of right and wrong are a lot less straightforward when a real person's real livelihood is at stake.

Snow, Carol. *Bubble World*. New York, NY: Henry Holt, 2013.

After Fresia learns that their perfect life on a luxurious tropical island is not real, she is banished from her virtual world to the "mainland," where people are ugly, school is hard, and families are dysfunctional.

