DISCONNECTED
How To Reconnect Our Digitally Distracted Kids

By Tom Kersting

We see it everywhere: at the park, in restaurants, and inside our homes and cars—kids connected to handheld devices and disconnected from the world around them. According to the latest research, the average thirteen-year-old spends eight hours per day, seven days a week, glued to a screen. Yes, this is problematic, but for every problem there is a solution.

In *Disconnected*, renowned psychotherapist and longtime school counselor Tom Kersting explores the device-dependent world our children live in and how it is impacting their mental and emotional well-being. Research shows that too much time in the cyber world is re-wiring kids’ brains, affecting their ability to flourish in the real world as anxiety, depression, and attention issues soar.

Thankfully, it is not too late to save our children. Kersting provides simple strategies to help reduce screen time as well as a host of meditative and mindfulness techniques to help our kids reclaim their brains, and their lives.

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Available in paperback or Kindle

Gain control of your child’s media diet

- Learn why ADHD and anxiety disorders have skyrocketed
- Understand how social media impacts kids’ self-esteem
- Why EQ is crucial and how technology impacts it
- Reconnect with you child by disconnecting the devices
- Mindfulness and meditation to help reclaim your child’s brain
- Gamer addiction and what to do about it
- Raising leaders not followers

Television/Media/Speaking Topics

- Tips For Disconnecting Your Over-Connected Child
- “Acquired” ADHD & “Acquired” Anxiety Disorders – What is it?
- Social Media Self-Esteem vs. Real Self-Esteem
- Your Brain on Tech – Neuroplasticity and Multitasking
- Gaming Addicts – True Horror Stories and Solutions
- Parenting from a Distance – How To Reconnect with Your Child
- 5 Tech Rules Every Parent Should Follow
- Emotional Intelligence and Mindfullness

Tom Kersting is a veteran speaker, frequent television guest, and expert host with over 100 national appearances to his credit as well as countless radio and print contributions.

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