

Digital Technology Resources

Here is a long list of many of the works I have consulted and been pointed to over the past few years studying this topic. I want to call special attention to a few in particular that I think do a good job of summarizing this stuff, while still presenting a convincing case, if you're not interested in reading a million things. The first four I have listed will give you a well studied scope, incredibly documented, and proven scope of this topic. Not all written from a christian perspective, and I'm not suggesting them because I agree with everything that they say, but if you read nothing else, read these four. It will probably take an hour and a half to get through all of them, if you are a super slow reader like me.

<https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>

Author Jean Twenge is a leading voice in generational studies, and has done extensive research on the effects of digital technology on the current adolescent generation. Twenge's book is the first book listed below as well, which I highly recommend.

<https://www.theatlantic.com/magazine/archive/2022/05/social-media-democracy-trust-babel/629369/>

I think Jonathan Haidt does a great job talking about the rise of social media and how that has undermined and deteriorated American life. He is pretty harsh on both far right and far left people, and some things he said may offend you a little bit, but even though I don't agree with everything in here, I think it is worth learning from. So if you get angry, just remember that is one of the very things he is talking about here!

<https://www.wsj.com/articles/how-smartphones-hijack-our-minds-1507307811>

This is a great starter on the neuroscience of what is going on in our heads when we use smartphones.

<https://www.theatlantic.com/newsletters/archive/2022/04/american-teens-sadness-depression-anxiety/629524/>

Derek Thompson proposes four compelling forces that are driving teens to the worst rates of sadness, depression, anxiety, and despair we have ever seen.

<https://www.cnn.com/travel/article/theme-parks-smartphones/index.html>

Parents are less engaged with their kids than they used to be, because we are so busy filming their big moments, rather than enjoying them and being a part of them.

Books:

<https://www.amazon.com/iGen-Super-Connected-Rebellious-Happy-Adulthood/dp/1501151983>

<https://www.amazon.com/Garden-City-Redeeming-Corrupting-Technology/dp/0825426685>

<https://www.amazon.com/Cyber-Effect-Cyberpsychology-Technology-Values/dp/0812987470>

<https://www.amazon.com/Irresistible-Addictive-Technology-Business-Keeping/dp/1594206643>

https://www.amazon.com/Culture-Making-Andy-Crouch-audiobook/dp/B003GDYJ4Q/ref=sr_1_1?crid=14GQMBFS1ZLCE&keywords=Crouch,+Andy.+Culture+Making:+Recovering+Our+Creative+Calling.+Downers+Grove:+IVP,+2008.&qid=1685065160&s=books&sprefix=crouch,+andy.+culture+making+recovering+our+creative+calling.+downers+grove+ivp,+2008.,stripbooks,519&sr=1-1

<https://www.amazon.com/Tech-Wise-Family-Everyday-Putting-Technology/dp/0801018668>

<https://www.amazon.com/Shallows-What-Internet-Doing-Brains/dp/0393339750>

<https://www.amazon.com/Digital-Minimalism-Choosing-Focused-Noisy/dp/0525536515>

<https://www.amazon.com/Technology-Virtues-Philosophical-Future-Wanting/dp/019049851X>