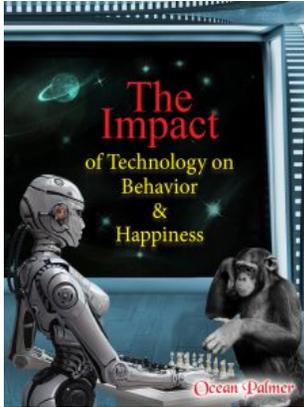


12 October 2016



**FOR IMMEDIATE RELEASE**

THE IMPACT OF TECHNOLOGY ON  
BEHAVIOR & HAPPINESS  
*by Ocean Palmer*

***About the book***

Behaviors are changing. Attention spans are decreasing at an alarming rate, patience is declining, and communication skills—written and interpersonal—are eroding. Manners are increasingly lost in self-absorption, tempers are short, rudeness runs high, and cell phone dependency for millions approaches neuroses. Frustration is relentless, with angry reactions just keystrokes away. Road rage keeps rising, digital addiction is skyrocketing, and political unrest is fracturing societies and friendships as spoken and typed vitriol is escalating to unprecedented levels during a heated, emotional election year on both sides of the Atlantic.

Trends are pronounced: On-line engagement times are rising, as are cyber-crime and bullying. Social media has turned from a fledgling, happy community to a dark and negative place that invisibly tracks our every move. The web archives and analyzes where we go and what we say, building behavioral profiles that analytic programs summarize and package for sale to advertisers and thieves.

Information inundates us but the web has erased the line between fact and fiction, which boils a cauldron of emotional toxins causing mistrust and frustration.

College campuses are also under siege. Stress and suicides are up, while coping and resilience skills diminish.

How and why are these things happening?

Heavily researched and carefully explained in layman's terms, *The Impact of Technology on Behavior & Happiness* explains the causes and effects of dozens of things we are doing more of—and less of—in simple, easy to understand terms that enable readers to learn, coach, and help others.

More importantly, the book explains exactly what a reader can do to protect himself or herself from disappearing into the behavioral darkness of unmanaged digital immersion.

After all, if *you* don't look out for you... who will?

## About the author



author Ocean Palmer

Denver author Ocean Palmer is a globally popular behaviorist who has appeared on network television from coast to coast and radio stations around the world. The author of 13 books across multiple genres, *The Impact of Technology on Behavior & Happiness* is the fourth in his life skills genre, which includes the internally renowned *Managing the Worry Circle (How to Improve Your Life by Worrying Less)*; *Portable Dad (Stuff to Know without the Lecture)*; and *Rich Without Money (Life Skills for Better Business & Living)*.

Three of his books have been optioned for motion picture development and an original romantic comedy screenplay, “The Raven of St. James’s Park,” is currently in pre-production with Wentworth Media in London.

Ocean Palmer has taught life skills and behavioral influence on five continents in corporate and collegiate environments including the graduate school at M.I.T. in Cambridge, Massachusetts.

For more detailed information and a comprehensive biography, visit <http://oceanpalmer.com/bio-pages/biography/>

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