
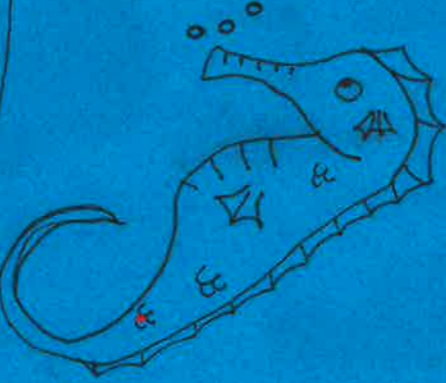


○ Addiction = Isolation



If you follow these tips, you will get out of your addiction!
You will find a new confidence
in your body; you will sleep better; you will discover new ways to have fun; you will meet great people; you will find a purpose in your life! Well, if you follow our tips, you will reconnect with the real life.



You should do more activities.



You had better stop making screens at seven pm.



You should read more books



You had better see your friends



You ought to limit your screen time



You ought to find your hobbies

