RECENZE KNIHY DEFEAT SOCIAL MEDIA ADDICTION: HOW WITHDRAWING FROM SOCIAL MEDIA WILL CHANGE YOUR LIFE POSITIVELY AND WHAT YOU NEED TO DO TO DO THIS

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Social networks have become part of our everyday lives and some people cannot imagine their lives without using various social platforms. Social media has had a huge impact on our lives, which brings with it many advantages, but also a few disadvantages. Already in the introduction, the author invites the reader to consider the benefits of social media for our lives and asks the subtle question whether we are wasting our precious time on social networks. If we think more deeply about the disadvantages of social media, we can realize how harmful it is for us and brings more disadvantages than advantages. But for the current generation, social media has become a tool that has a strong "potential to banish the element of loneliness from life, but et the same time it can also create feelings of complete isolation and inadequacy" (p. 3). The author also highlights the idea that as we start to spend more time with social media, it will become harder to imagine life without it, and yet there are many ways to use time more effectively. Although we can assume that the current generation may perceive this publication very critically or may perceive the text as the author's moralizing about the use of mobile applications. The author presents the work more as a guide for us to think more deeply about the pros and cons of the social media we often use and to be aware of the ways in which our lives can be affected by our constant use of social media. The work can be seen as a tool to "break free" from the habits developed on social networks or other mobile applications.

Initially, the author addresses the issue of the increased productivity we emit while watching the news or checking for more content, which is amplified by various notifications or updates. If we turn off the notifications, we can better direct our minds to both our personal lives and our work and we can focus more adequately on our work. The author notes that "the content on Facebook and Instagram is so enticing that it hooks users to the platforms and they avoid the rest of the world. As one piece of content after another appears on the screen, users fall into the trap and waste a lot of time on it" (p. 8). The chapter "Reducing your anxiety" discusses built habits on social media. The author compares quitting social media to quitting smoking and other addictions and points out that increased use of social media can seriously harm a person and affect their personality. The author moves from the topic of habits to the issue of stress, pointing out that if we give up our social media habits, we will reduce our urge to constantly follow everything online, which will "reduce your desire to be glued to your newsfeed and timelines, which will lead to you reducing your stress" (p. 11).

Social media leads our minds to take a fantasy view, users may start to doubt themselves or compare themselves to other people, which can then cause a decrease in self-esteem and lack of self-worth. The author urges us to meet people more often in real life, not on online platforms, because it is in real encounters that we become aware of what people are really experiencing, feeling and leading real lives. It also highlights the issue of sleep rhythms, as many people try to deny or don't want to admit that social media disrupts their sleep cycle. The author encourages the reader not only to reflect, but also to deepen personal relationships with friends and family through face-to-face communication. Communication with loved ones should not be limited to text chats. Equally important is our physical activity, which is important for our health and should not just involve 'sitting and using a smartphone'.

The author tries to get inside the reader and motivate him to think more deeply about what social media brings and what are its disadvantages, which is reinforced by the chapter "The Change to discover yourself". Often, frequent use of social networks or "playing" with our smartphones robs us of time that we can invest in ourselves, not in watching others and comparing ourselves to others. "Another downside of being addicted to social media is that we are always under pressure to look impressive for others" (p. 19). The author thus further urges the reader not to suppress the real reality, oneself and create some illusion of a fantasy world. It is the suppression and creation of a fictional or perfect world that separates us from our true self. Perhaps the author meant to imply that social media makes us slowly forget who we really are, and this leads us to only create an impression on other people we like or dislike.

There is no denying that social media can be a useful tool for many individuals, entrepreneurs or businesses. For this reason, detoxing on social networking sites seems to be a somewhat tricky affair, as once one has formed a strong habit, then it is really hard to "uninstall" social media apps, and it may be advisable to at least silence the notifications at first. The author recommends turning off notifications if the user feels they are the main cause of distraction, and he sees a similar issue with, for example, leaving

Facebook groups. However, some groups are important to us and we can't just abandon them, such as learning communities or job offers. The importance of these groups to us is high, but it is these groups that can become a source of addiction to social media use. The author's attitude towards social media can be seen in the chapter "Log out", stating emphatically and clearly that if the user is to free himself from his dependence on social media he should take the following steps, i.e.: 1) deactivate social media forever, or 2) set a time for all installed apps, which the author describes in the chapter "Use the timer", 3) possibly put apps to sleep for a certain period of time, e.g. while achieving your goals, etc. (This recommendation is discussed in the chapter "Snooze during working hours"). In conclusion, the author pointedly adds that it is essential that we find a balance between our daily activities and rituals on social media. "Better still, disconnect from social media apps once and for all so that there really is no more room for addiction to them" (p. 31). It is also necessary to highlight the author's quotation, which seems to be very suggestive for all social media users of all ages, and which I personally find beneficial from the whole publication: "Boycotting social media can help you put yourself back out there and bring back the real you! Without the urge to impress other people on your social networks, you can finally be yourself, discover yourself and accept yourself as you are, which is nothing less than uniquely beautiful" (p. 20).

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