



# The Digital Invasion: How Technology is Shaping You and Your Relationships

*Dr. Archibald D. Hart, Dr. Sylvia Hart Frejd*

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"Finally, a powerful, well-researched book that helps us grapple with and respond to the digital-tsunami that's swept over us."--**Chap Clark**, author of *Hurt 2.0*; senior editor, *YouthWorker Journal*

**The world of digital technology is always changing--and it's changing you.**

In the world of technology, there are just two kinds of people: digital natives and digital immigrants. Born after the advent of the Internet, digital natives are comfortable with swift change and take the presence of technology in their lives for granted. Digital immigrants are those born before the Internet. Their comfort level with our technology-soaked world is more variable, but they are affected by the digital invasion just the same.

*The Digital Invasion* uncovers the ways digital technology is changing us from within, physically, mentally, and especially spiritually. Backed by the latest research, it offers therapeutic and biblical strategies to become good stewards of our digital lives.

"Timely strategies and practical explanations on how to survive digital damage and put technology in its place."--**Tim Clinton**, president, AACC; executive director, Center for Counseling and Family Studies at Liberty University

"Offers a wealth of insights. . . . It challenges us to confront the many myths surrounding digital technology and points us to a healthier way of Internet use."--**Josh D. McDowell**, author and speaker, *The Unshakable Truth*

"Groundbreaking, desperately needed, and long overdue."--**Gary J. Oliver**, executive director, Center for Relationship Enrichment; professor, John Brown University

**Dr. Archibald D. Hart** is the author of thirty books and is senior professor of psychology and dean emeritus of the school of psychology at Fuller Theological Seminary. He is well known for his ministry to churches through psychological training, education, and consultation.

**Dr. Sylvia Hart Frejd** has a master's degree specializing in Christian counseling and an earned doctorate of ministry in leadership specializing in spiritual formation. She is also certified in Internet addiction. She has been working as a digital researcher, writer, speaker, coach, and coach trainer and has developed a resource website: [TheDigitalInvasion.com](http://TheDigitalInvasion.com).

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