

Technostress



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Publisher: [Paidós](#) [2]

Language: Spanish

Year of Publication: 2011

Pages: 224

Spanish Retail price: 19.90€

ISBN: 978-84-493-2531-1

Genre: Social Science and religion

AUTUMN

2011

Season: AUTUMN 2011

A rift seems to be opening up at the moment between “digital natives” and “digital incomers”, that is to say between those who have been born and brought up with the new technology and those who have had to adapt to it, with more or less success.

Reading Technostress will help many who feel uncomfortable with the new technology, or who simply do not understand the rapid changes overtaking our world.

In an easy and accessible style, the author of books such as *La psicología de la mentira* (The Psychology of the Lie) or *La gran mentira* (The Big Lie) explains how digital advances have affected people at work, the drawbacks of information overload, the use of email in our daily lives and the loneliness suffered, paradoxically, by many people in the interconnected world.

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