



Überlebenshilfe für Facebook-Junkies (German Edition)

Martin Baxendale

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Jeder weiß, dass Facebook süchtig machen kann. Wenn Sie ständig chatten, Ihren Status updaten, die Profile und Fotos von anderen checken etc., haben Sie zwei Möglichkeiten:

A) Aussteigen: Löschen Sie Ihren Account, lassen Sie die Finger von Facebook. M.a.W.: kalter Entzug! Sie werden ein nervöses Wrack, haben pausenlos das Gefühl, etwas zu verpassen, und wollen nur eins: endlich wieder online gehen.

B) Die Sucht kaschieren: Machen Sie munter weiter, aber lassen Sie sich nicht anmerken, dass hinter Ihrer ruhigen und gelassenen Fassade ein Irrer steckt, der an nichts anderes als sein nächstes Status-Update denken kann.

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