

# You Watch Too Much TV

## The Surprising Truth about How TV Is Hurting You

Do you ever feel like you're spending too much time in front of the TV? Do you find yourself zoning out in front of the screen, or feeling like you're missing out on life? If so, you're not alone. Millions of people are struggling with the same problem.



### You Watch Too Much TV: But Did You Know? by Ken Kessler

★★★★☆ 4.5 out of 5

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TV addiction is a real thing. It's a compulsive behavior that can lead to a number of negative consequences, including:

- Weight gain
- Heart disease
- Stroke
- Diabetes
- Cancer

- Depression
- Anxiety
- Insomnia

If you think you might be addicted to TV, there are a few things you can do to help yourself:

- Set limits on how much TV you watch each day.
- Make time for other activities, such as exercise, reading, or spending time with friends and family.
- Avoid watching TV in bed.
- Turn off the TV when you're not watching it.
- Seek professional help if you're unable to control your TV watching.

Breaking free from TV addiction can be challenging, but it's important to remember that you're not alone. There are many resources available to help you, and with time and effort, you can overcome this addiction and live a healthier, more fulfilling life.

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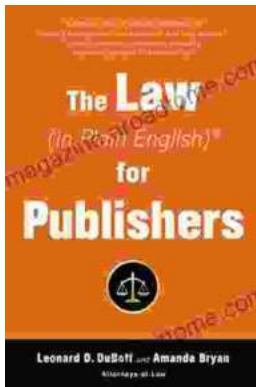
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