

Social Media: The Worlds Digital Drug System

A Wake-Up Call for Every Generation

PRESS RELEASE

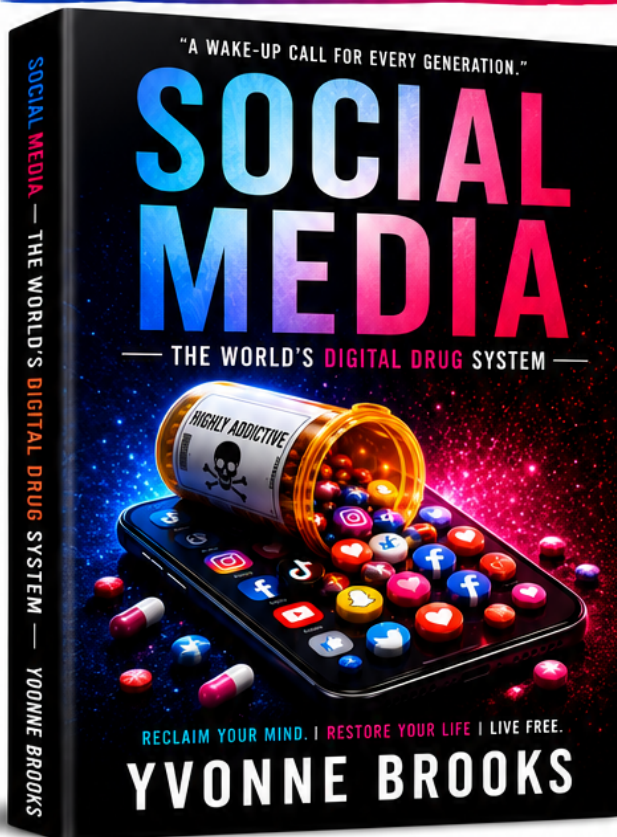
FOR IMMEDIATE RELEASE

SOCIAL MEDIA: THE WORLD'S DIGITAL DRUG SYSTEM

A WAKE-UP CALL FOR EVERY GENERATION

By Yvonne Brooks

RECLAIM YOUR MIND. RESTORE YOUR LIFE. LIVE FREE.



"A WAKE-UP CALL
FOR EVERY GENERATION."

BENEFITS FOR READERS



GAIN CLARITY & AWARENESS

Understand how social media impacts thoughts, emotions, attention, and daily behavior.



TAKE BACK CONTROL

Learn practical strategies to reduce digital dependence and create healthier habits.



IMPROVE MENTAL WELL-BEING

Reduce overwhelm, comparison, distraction, and anxiety while increasing focus and peace.



STRENGTHEN RELATIONSHIPS

Build deeper, more meaningful connections with family, friends, and community.



INCREASE PRODUCTIVITY

Spend more time on goals, growth, purpose, and the things that matter most.



LIVE WITH GREATER PURPOSE

Reconnect with your values and create a life aligned with your vision and calling.



CREATE A HEALTHIER DIGITAL LIFESTYLE

Develop sustainable habits that support emotional, mental, spiritual, and personal growth.

PUBLICATION DETAILS



RELEASE DATE: **June 1, 2026**



FORMAT: Paperback | eBook | Audiobook



PAGES: **471**



GENRE: Non-Fiction | Personal Development | Digital Wellness

ABOUT THE BOOK



Social Media: The World's Digital Drug System is a powerful and eye-opening book that helps readers understand how social media platforms influence attention, emotions, habits, relationships, and decision-making.

Rather than focusing on fear, this book equips readers with practical tools, awareness, and strategies to take back control of their digital lives and create a healthier future.

ORDER NOW!

AVAILABLE FOR

amazon



REAL READERS.
REAL RESULTS.
REAL TRANSFORMATION.



WEBSITE:

www.thedigitaldrugssystembook.com



MEDIA CONTACT:

yvonnebrooksinc@gmail.com

ONE BOOK. LIFE-CHANGING BENEFITS.



MORE TIME



BETTER FOCUS



STRONGER
RELATIONSHIPS



GREATER
CONFIDENCE



PURPOSEFUL
LIVING



LASTING
FREEDOM



RECLAIM
YOUR MIND.
RESTORE
YOUR LIFE.
LIVE FREE.

Woodland Hills, California Jun 28, 2026 ([IssueWire.com](https://www.IssueWire.com)) - New Book

Social Media: The World's Digital Drug System Challenges Readers to Reclaim Their Minds in the Digital Age

Author Yvonne Brooks launches a practical guide to help families, educators, and individuals develop healthier relationships with technology.

As screen time continues to shape modern life, author and digital wellness advocate Yvonne Brooks is empowering readers with a timely new book, *Social Media: The World's Digital Drug System*, offering practical strategies to understand the attention economy, build healthier digital habits, and reclaim control over one of life's most valuable resources—our attention.

Drawing on insights from brain science, behavioral patterns, parenting, and personal development, the book explores how digital platforms are designed to capture and hold attention, while providing practical tools to help readers make intentional choices about how they use technology.

“Technology should be a tool that serves us—not something that controls us,” says Brooks. “When we become intentional about where we place our attention, we strengthen our relationships, improve our well-being, and create more space for purpose and meaningful living.”

The book is designed for:

- Parents raising children in a digital world
- Teenagers and young adults
- Educators and school leaders
- Churches and community organizations
- Mental health and wellness professionals
- Business leaders and lifelong learners

Readers will discover:

- How the Attention Economy influences everyday decisions
- The brain science behind digital habits and endless scrolling
- Practical digital wellness strategies for individuals and families
- Reflection exercises, challenges, and action plans
- Healthy technology habits that support focus, productivity, and stronger relationships

In addition to the book, Brooks is developing a complete Digital Wellness learning platform featuring self-paced courses, live workshops, participant workbooks, newsletters, journals, planners, and family resources through Parenting With Love Academy.

About the Author

Yvonne Brooks is an author, speaker, educator, and founder of Parenting With Love Academy. Her mission is to help individuals and families reclaim their attention, strengthen relationships, and thrive in today's digital world through practical education, encouragement, and faith-inspired principles.

Book Information

Title: Social Media: The World's Digital Drug System

Author: Yvonne Brooks

Learn More Website: www.thedigitaldrugssystembook.com or Amazon

Media Contact

Yvonne Brooks

Email: yvonnebrooksinc@gmail.com

Website: www.parentingwithloveacademy.com

www.thedigitaldrugssystembook.com

Media Contact

Yvonne Brooks Inc

*****@gmail.com

<http://www.thedigitaldrugssystembook.com>

Source : Parenting With Love Academy

[See on IssueWire](#)

