



Date : 05/02/2020

Pages : 240

Format cm : 14 x 23

Prix : 18.5

EAN : 9782228925532

## Stay Zen! Unplug Your Children

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Publisher : Payot

Category : Humanities and Non-Fiction

Genres : Psychology/Psychoanalysis

Keywords : Overconsumption - Robot - Parents' denial

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How yoga can help children stay in control in our digital era.

Many parents and teachers are at a loss faced with children consumed by virtual worlds. How can we avoid their negative effects, combat video game addiction, and surmount the torrent of online enticements? A science of awareness, yoga gives us the keys to social skills in the outside world, inspiring children to better use their digital tools: emerging from their virtual bubbles and renewing ties with friends, developing critical thinking skills when it comes to fake news and cyber-harassment, controlling their mental state for better learning.

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Sales in France: 3,000 copies