

Technostress



Author: [José María Martínez Selva](#) [1]

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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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CIF: B64777022

Contact: D. Cladera, M. San Segundo

Phone: 934928595

E-mail: dcladera@planeta.es [3]

E-mail: msansegundo@planeta.es [4]

Website: <http://www.planetadelibros.com> [5]

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