

SALEM PRESS

Published & Distributed by Grey House Publishing

For Immediate Release

November 12, 2024

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Salem Press Announces an Exciting New Title ***Social Media & Your Mental Health***

Since the launch of Myspace, Facebook, and Twitter in the early 2000s social media has grown to be a prominent force in our every-day lives. The evolution of smart phone technology and the rise of more influential social media platforms including Instagram and TikTok have made our attachment to social media stronger than ever before.

This increase in social media use and digital interconnectivity has raised questions as to what the lasting impact of this technology will be. *Social Media & Your Mental Health* addresses these questions and explores the ways in which using this technology impacts our lives, touching on key topics that are of concern for anyone who uses social media in today's world.

Covering general background material and profiles of social media's major players, this title also provides a close look at how being online excessively can affect your physical and mental well-being. Touching on topics including unrealistic beauty standards, political discourse, and online scammers, this volume will be helpful for anyone who is active online.

In the introductory essay, volume editor Mari Rich acquaints readers with the origins of social media as a concept and discusses the scope of the volume in relation to the ever-evolving correlation between social media usage and mental health. This introduction is followed by nearly 170 entries written by experts in academia, psychology, and social sciences.

Essays are arranged in the following categories:

- 1) Basic Terms and Concepts Everyone Should Know
- 2) Social Media's Major Players
- 3) Physical, Emotional, and Mental Wellness
- 4) Healthy and Unhealthy Relationships
- 5) Addictions and Technology's Role
- 6) Dangers
- 7) Safety and Privacy
- 8) Of Special Interest to Parents and Kids
- 9) Of Special Interest to Seniors
- 10) Political Implications
- 11) The Positives

This volume also contains helpful appendices, including:

- Glossary
- Abbreviations and Slang
- Websites
- Mediagraphy
- Bibliography
- Subject Index

Each essay in *Social Media & Your Mental Health* includes a brief introduction, followed by a background on the topic. Reference sources are included at the end of each essay for readers to explore.

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Social Media & Your Mental Health

Pub. Date: July 2024

Hardcover ISBN: 979-8-89179-069-8

536 pages

\$165.00

Ebook ISBN: 979-8-89179-070-4