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nevertheless internet addiction is a growing issue however if you are struggling with the problem you can overcome it by taking steps to limit your internet usage filling your time with alternative activities and seeking support internet addiction is a common problem that can be just as damaging as any other form of addiction if you are concerned that you may be too dependent on the internet there are several strategies you can use to curb your internet usage our ratings of best internet providers help you find the best isps in your area we also rate and review the fastest and the cheapest internet plans looking for the best home internet options compare download speed price and data caps to find the best internet service providers internet addiction also known as internet addiction disorder iad is a behavioral addiction characterized by compulsive uncontrollable internet use that interferes with daily life types of internet addiction include online gambling addiction cybersex addiction networking wi fi routers get back online 13 tips to troubleshoot your internet connection have a full house working gaming streaming and news binging all at the same time if you re

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