

How to Raise a Healthy Gamer

author: Dr Alok Kanojia

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Synopsis

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Read by the author, Dr Alok Kanojia.
Reclaim quality family time and establish healthy tech habits with expert help from Dr K, as featured on Diary of a CEO.
*Is your child spending too much time playing video games?
Are games causing conflict and arguments?
Whatever brings you here, I can help.*
How much should I let them play? How do I get them to be interested in anything else?!
Video games and managing screen time are a modern parenting problem with no blueprint and a rapidly changing landscape. Harvard-trained psychiatrist and former gaming addict, Dr Alok Kanojia – Dr K to his millions of followers – offers a proven, tested plan to help parents define, set and reinforce healthy boundaries around screens and video games.
From communication strategies and advice on dealing with behavioural issues to the neurological reasons behind why tech is so addictive, *How to Raise a Healthy Gamer* is essential for parents of children of all ages.
Based on Dr K’s own experience with gaming addiction and his neuroscientific and psychiatric expertise, this is an accessible and engaging eight-week, step-by-step program covering how to react when your child becomes irritable, rude, or seemingly directionless around screens. Specific advice is also offered for parenting neurodiverse children, including those with ADHD and autism.
Written to empower parents with knowledge and practical advice, this guide from the foremost expert on video game psychology provides skills, offers hope and sets out a clear road map to building healthy gaming habits that will equip your child for a fulfilling future.
'The book you’ve been looking for’ not only for your child but for yourself as well!’ – Edward Hallowell, M.D., author of *Driven to Distraction* and *ADHD 2.0*

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