

TRUTH RESTORED

Chapter One: Disconnected by Design

She sat silently in the corner of the room, eyes glued to the glowing screen of her phone. Not out of defiance, but because she no longer knew what to say. Her world existed inside that rectangle — her laughter, her friendships, her validation. The silence in the room wasn't awkward to her anymore. It was normal.

For millions of children and teens today, reality begins and ends with the screen. TikTok dances, YouTube shorts, Snapchat filters, endless scrolling — these are not distractions; they are identities. Their self-worth is now measured in likes, followers, and the fleeting approval of strangers.

It didn't start this way. It started with a harmless game on a tablet. A quick cartoon while we made dinner. A way to keep them occupied on a rainy day. But then came the algorithms, the dopamine loops, the behavioural designs built to capture attention and never release it.

We thought we were giving them entertainment. Instead, we gave them isolation.

By the time we noticed something was wrong — the lack of eye contact, the tantrums without screens, the decline in school and social life — the digital trap had already closed around them.

This book is about breaking that trap.
Before it's too late.