We live in the era of technology. Millions of people around the world use Internet every day. Technology surrounds us everywhere and makes life easier for people.

However gadgets affect people negatively.

Firstly , People are getting lazier and illiterate .  People no longer need to think. They just expect their latest gadgets to do everything instead of them.

Secondly, technologies isn’t always healthy to use them for a long time. Computer technology has a very negative effect on our health. They impair our vision, cause headaches, and also damage our posture. Cell phones contain negative vibes that affect human organism. I believe that the use of technology should be within reasonable limits.

Thirdly the interpersonal communication becomes more primitive and people forget how to communicate with others personally.

And finally, technology leads to obesity. Technology makes people less mobile. After all, many things can be done without leaving home.

Technology can greatly improve our lives if we use it wisely.