**Without a mobile phone**

Nowadays, it can be said without a doubt that most people in civilized cities have a mobile phone. For almost every one of these people, it is an integral part of their life. They take it with them for walks, use it at home and almost sleep with it in their arms. But there are also some people who deny the benefits of such devices and even more: they say that they do a lot of harm.

Mobile phones today are used not only as a communication device, but also as multifunctional devices, the list of functions of which includes such things as:

* Calls and messages;
* Social network;
* Source of news and any information;
* Listening to music and watching videos;
* Games and much more.

I think it would be hard for me to imagine my life without a mobile phone, because I use it very often. Firstly, I listen to music every day and I can't do without it for a long time. Secondly, I'm used to getting all the latest news from social networks and learning about the lives of my friends from there. And finally, when I have nothing to do or just before going to bed, I always spend my time aimlessly surfing the Internet in search of something interesting.

But I also can say that phones really have disadvantages. They take up a lot of time that I could spend on more useful things, fill my head with useless

information and allow the brain to rest too much, doing most of its work for it: this phenomenon can be called “mind-numbing".

For some people who often use a mobile phone, social skills deteriorate

greatly, which makes it harder for them to get to know people or come to a meeting with their friends, such a person will sit with the phone the whole evening, out of a state to maintain a dialogue. Although I can't relate myself to this type of people, they still exist.

Summing up, we can say that mobile phones can bring both benefits and harm. Such things are very individually manifested in people and they fall under the influence of such devices in different ways.