There are plenty of examples of why we are always on our devices and are addicted

to them. The famous websites we are always on such as Facebook, TikTok,

Snapchat, and Google, etc, are always tracking and watching what we are doing so

they can predict what we are interested in and what we might do in the future so that

they can recommend advertisements so they can make more money producing ads.

Previous famous website employees exposed that the company has manipulated us

into watching advertisements to make more money by watching what we are most

interested in and recommending ads that are similar to that so that we watch it and

they make money off of it. In the movie, they state that we should reduce the amount

of time we spend on apps. We should also not be so gullible when it comes to

watching videos that are recommended to us so that they won't make as much

money off of us. In conclusion, they want us to spend less time on our devices and

spend more time in the outside world. To reduce the money the famous websites are

making on us while watching advertisements they recommend for us.