

Macro Roundup Article

Headline: [Honestly, It's Probably the Phones](#)

Article Link: <https://noahpinion.substack.com/p/honestly-its-probably-the-phones>

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Summary: The first reason smartphones should be our prior is that the timing just lines up really well. The smartphone was invented in 2007, but it didn't really become commonplace until the 2010s, exactly when teen happiness fell off a cliff: Younger Americans adopted the technology more quickly than older ones; 2010-11 seems to have been an especially important moment. And of course, the "killer app" for smartphones was social media. When you had to go to a computer to check Facebook or Twitter, you could only experience it intermittently; now, with a smartphone in your pocket and notifications enabled, you were on every app all the time. Why would that make us unhappy? There's an obvious reason: social isolation.

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