

# Grasping Reality with Both Hands

The weblog  
of Brad DeLong. Since 1999.  
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## Malik: How I Stay Sane in 2020—Noted

**Om Malik:** *How I Stay Sane in 2020* <https://om.co/2020/09/04/how-i-stay-sane-in-2020/>: ‘Twitter: no alerts, view in latest tweets mode, never use it between 7 pm and 7 am. Forget about using Twitter on the weekends. Liberally mute accounts and mute words. Block accounts that exceed the boundaries of propriety. Set your trends location to a place where you don’t know the language or is sparsely populated. I also use the Nuzzel app.... Instead, I want to read a whodunnit. And drink some great coffee.... Download a couple of albums from Bandcamp. On the first Friday of every month, all money goes to the artists. Given the persistent smoky conditions, and my desire to not be outside as much, I also have some shows I want to watch this weekend: Young Wallander: If you were a fan of Kurt Wallander, a fictional detective created by Swedish writer Henning Mankell, then this one would be an excellent series to watch on Netflix. Enola Holmes: Wait, Sherlock Holmes has a sister? Enough said—more goodness on Netflix. Sadly it is not launching till September 23rd. But for now, the trailer will do!...

.#noted #2020-09-12

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