

## 0.1 Chapter 1: capitalism: Media

### 0.2 Media

## 1 On Taking Digital Sabbaths



The news is the best distraction ever invented. But, if we pay too much attention to it, we'll never have the time to daydream, unpack our anxieties and have a conversation with our deeper selves. There are countless difficult things hiding within us which we should give some thought to even though the desperate temptation is to keep clicking and looking. We need news sabbaths.