

## 0.1 Chapter 1: capitalism: Media

## 0.2 Media

### 1 On the Dangers of the Internet



Over the past century, technologies have completely changed the way we connect with each other. The benefits of the internet are obvious and all around us. But the risks and dangers are more subterranean. Here are two videos that consider why we need to start taking digital sabbaths and remember what it is to be bored again:

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.