

task 2: Watching television all weekend is not good for you. Because: + It is influencing your worldview. + It is influencing your spending habits. + It is taking you away from the real people all around you. + It is robbing you of precious mental energy. + It is costing you money. + It impairs your capacity for rational thought. + It is bad for your health. Numerous studies draw direct parallels between excessive television watching and obesity. +It results in less satisfaction with life. According to the Journal of Economic Psychology , TV viewers report lower life satisfaction, higher material aspirations, and more anxiety. + Its opportunity cost is too great. The average American watched an average of 5.1 hours of television per day in 2009. That's time you could have spent exercising, eating a meal together, entertaining, enjoying nature, meditating, enjoying a hobby, reading a book, or fulfilling a dream.