A conversation with Arthur Brooks

Three excellent points Arthur Brooks talked in the conversation really impressed me.

1. Harm of social medial

Social media is indispensable of our life, people use this from customer service to even politics, but the downside of this is that social media might often resemble an endless worry and stress. They are overly used and create unhappiness. During pandemic period, some country issued” lock down policies” and therefore people are limited about social activities. And they are hungry for human contact, need the social life and keep contact with others, if it does not work in the reality, they would pursue substitutes of social contact, actually, there is nothing wrong with social media itself, but if we are obsessed with social media, there will be a general anxiety provoked by social media, characterised by feelings of restlessness and worry, and trouble sleeping and concentrating.

Especially for the young generation, they spend too much time on the social media, and this will greatly reduce their time on reading. This even will have impacts on thinking independently and creatively, as they just would be fed by the direct source instead of digging by themselves.

1. Love your enemy

This comes from one of his books, he first talked about to implement in the university like NDSU, we need to work together and create diverse environment, which means to welcome diverse people with diverse voices. For the leadership, the leaders of the university need to make a system encouraging diverse voices and avoid shutting up competition, make a free speech law workable.

This is very fresh idea as we all know to love our families and friends, but to love our enemies is something very different. Arthur Brooks explains to love our enemies is about one concept which means that enemies might be our illusion ones, to think about loving our enemies might change our heart and destroy the illusion.

1. Show sympathy to the vulnerable

He mentioned as a nation, he has concern about the Americans who do not think “compassionate”. To share love to the poverty and the vulnerable group of the world, this improve the lives of all the people and make our world getting better.

He also mentioned to obtain dignity by work, to help others is one opportunity for all of us to empower people through work to earn success and happiness.

I totally agree with his statement, work is not just to earn salary and maintain our life, it is also to live a dignity life, this kind of sense of accomplishment will greatly change our mind and heart.