

Digital Time, Real Friends, & What we care about:

(From Them by Ben Sasse, 2018)

1. Your thousandth social media friend won't make you any happier. Your fourth real friend will.
2. Uninterrupted time is life's most valuable limited resources.
3. Most news isn't news.
4. Envy isn't good therapy. Rage isn't good therapy. Working out is good therapy.
5. Do something now you'll want to talk about at the dinner table tonight.
6. Political addicts are weird (and there aren't that many of them, they're just loud).
7. I'd rather be with the people I'm with right now than with the people I'm not with.
8. If #7 is true, then spend more time with the right people.
9. Develop the right addictions (another word for addiction is habits. Habits determine character).
10. Not every bad thing in the world requires a response from you.
11. Not every mean thing said to you requires you to acknowledge it.
12. You're not omniscient. Don't assume your bubble of information is the whole story.
13. Sports twitter is infinitely better than political twitter.
14. Lots more social media is fake bots than social media companies admit.
15. The little old lady on your block probably has an important unmet need today.
16. Social media isn't great for deep stuff. It's great for humor. Let's be known as a family that laughs hard.

"Socrates never had an iPhone, but he was right about this regardless: 'Beware the barrenness of a busy life.'"