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The Effects of TV: How To Be Happy and Live the Good Life

J.J. Sylvia IV

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The Effects of TV: How To Be Happy and Live the Good Life J.J. Sylvia IV
Ready to start feeling happier today? There's just one thing you just have to do less of, and you can start feeling the benefits this week! Many of the tips and secrets for increasing your happiness require you to spend your time doing more things, which can be difficult in our fast-paced and already hectic lives. In this guide to the good life, you will learn that one of the important steps to increasing your satisfaction in life is simply not doing something, which frees up more time. What are the effects of TV? Did you know that in the moment, people tend to rank television viewing as enjoyable, but in the long term, they say it was not an enjoyable part of their life? This is the only leisure activity that had dramatically different rankings on these two lists. Learn why with this book! The ancient wisdom of Aristotle is used to explain exactly how watching television affects both our understanding of the world, our morals, and our ability to live the good life. In addition to focusing on Aristotle's understanding of the good life, this book draws on current television research to show exactly how it can impact us. Reading this book you will learn: Why watching television impacts our happiness more than how much money we make! How watching television "dumbs us down." Why this impacts our ability to be happy and content with our lives. How this permeates every aspect of television from fiction, to reality television, the news, sports and even commercials. Why it's so hard to stop watching television. Why television stands out more than other forms of technology such as the Internet. Suggestions for how you can start being happier today.

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David Russell:

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