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TV does not have to be passive

"If you feel that you are addicted to TV, and if you feel that you need to stay away from it altogether, you may want to consider doing the following. Place a mirror right next to the television, or have a camera pointing at you and feed the signal to the frame of "picture-in-picture" of your TV screen. This way, television would ceases to be an attention-diverting tool because you would constantly see the very thing you want to divert your attention from. You might see how thought-provoking television can be."

An unusual take on why "Television is not the problem"

~Dyske Suematsu

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