

Dopamine Nation by Dr. Anna Lembke

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It's also a good way to arm yourself with a vocabulary to call your opponent's argument as ZERO, rather than, as American media has shown me, waste your time giving your moronic opponent's utterly vacuous statement the benefit of being a real idea worthy of consideration and genuine reflection. A Skeptic could write a thousand books refuting the most moronic ideas that have ever been proposed by the least functional, least observant people who have lived; a more prudent philosopher would see no need to refute utterly vacuous ideas, and only consider those that currently hold dominion over people who are susceptible to such manipulation. If all "ideas" are void, and only gain substance if they connect with pre-existing natural impulses, then we don't have to waste time supposing that we live in a cave of ideas ... we live in reality and we assume reality to be real, and an idea that does not comport to this reality cannot have come from the substance of the reality, itself, rather, it comes from nothing, void. It is a consequence of a person directing their attention toward something that literally does not exist. Otherwise, they would be engaging a real thing with real consequences. In this case, they are accepting a vain hypothesis as being as definite as the heat of a flame, and it is obvious to everyone who has not swallowed the intellectual kool-aid of "the Logic".