

Joshua's "Only The Beginning" Observation

Post by "SimonC" of January 11, 2022 at 3:34 PM

I stumbled across the podcast [Your Undivided Attention](#) about two years ago and I find it really put things in a new perspective re: social media. Highly recommended if you have a commute or similar podcast time.

I've also cut off social media except for a couple forums and feel a lot better and less anxious. I still have the behavior of reaching for my phone whenever there is a spare minute, but I've been getting better at asking myself, *is there something else I'd rather do instead?* I read a lot more books now.