

# Recommendations for Happy Living

Post by “Eoghan Gardiner” of December 6, 2023 at 10:54 AM

## [Quote from Bryan](#)

I can confidently give one recommendation — do not watch television! I was fortunate enough to grow up in a house without television and I still keep a far distance from it just as I would for any other screaming lunatic. Life IS easy and great — but your TV will argue against this fact!

Social media too, if you want to be filled with anxiety about your weight, finances etc... spending an hour on insta or tiktok is a great way to achieve it.