

Is [X] a waste of time?

Post by “Joshua” of September 30, 2020 at 9:07 PM

I ask this question because it comes up quite a lot in places like reddit, where 'Getting Your Life Together' is a constant refrain.

The general implication is that by spending time more wisely or more productively, we'll be happier, healthier, richer, fitter, more attractive, better respected—all of those great traits that humans yearn for. (Most marketing, of course, is geared for the desire for those same traits).

I myself have this same nagging feeling sometimes; if not for video games, I could have really learned Latin or Greek, mastered an instrument, improved my drawing, made tons more friends, explored the natural world, written a book, read hundreds more books, gone to the gym everyday—and on it goes. The pleasure of something I enjoy, soured by the anxiety of leisure.