



daily GOOD

When our life ceases to be inward and private, conversation degenerates into mere gossip. --Henry David Thoreau

Hamlet's Blackberry: To Surf Or Not To Surf?

"Do you find yourself checking Facebook as soon as you wake up in the morning? Do you answer e-mails on your Blackberry while surfing the Web? Even as you read this article, is your right index finger twitching on the mouse, just itching to click on something new? If so, welcome to the 21st century. Without even realizing it, we've signed up for a life in which we're all connected, all the time. Whether or not this is a good thing is the subject of Hamlet's Blackberry, a book by William Powers". This piece from NPR shares an excerpt.

Be The Change:

This week experiment with setting an "electronic curfew" for yourself, and notice what kind of impact it has.