Better Off: Flipping the Switch On Technology

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Life offers more than one option for doing the right thing. Technology undoubtedly has, and will always have, some role in making life easier or better, so one shouldn't exclude it. But the role is supplemental. The principle of minimization can be roughly stated thus: it is better to find a non-technological solution than a technological one, or failing that, a less technological solution than a more technological one. Too little of it is no better than too much.