

Why It's Okay to Ignore Politics

In today's fast-paced world, politics seems to dominate every aspect of our lives. News platforms bombard us with updates, social media feeds are filled with political rants, and discussions around dinner tables often revolve around the latest political controversies. While being aware of political developments is crucial in a democratic society, it is also acceptable, and even beneficial, to take a step back and ignore politics occasionally.

1. Mental Well-being

Following politics can often be anxiety-inducing and overwhelming. Continuous exposure to divisive debates, scandals, and heated arguments can take a toll on our mental health. Negativity can seep into our lives, affecting our relationships and overall well-being. Taking a break from politics allows us to focus on our personal growth and happiness, reducing stress levels and promoting a healthier mental state.

2. Time and Energy

Politics can consume a significant amount of our time and energy. Staying informed requires constant research, fact-checking, and engaging in debates. Our lives are already filled with various responsibilities, such as work, family, and personal interests. By ignoring politics, we free up valuable time and energy to devote to other areas of our lives that bring us joy and fulfillment. It is essential to strike a balance and prioritize what truly matters to us individually.

Why It's OK to Ignore Politics

by Christopher Freiman(1st Edition, Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English



File size	: 2028 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 188 pages
Screen Reader	: Supported



3. To Avoid Polarization

Politics often creates divisions among people. Our beliefs and values may differ from those of our friends, colleagues, and even family members. Engaging in political discussions can sometimes strain relationships, leading to unnecessary conflicts and bitterness. Ignoring politics can prevent the polarization of our social spheres and help maintain harmony and unity within our personal circles. It allows us to focus on the shared aspects of our relationships, rather than getting caught up in ideological differences.

4. Impact on Productivity

Excessive engagement with politics can hinder our productivity levels. Constantly checking news updates, engaging in political debates on social media platforms, and attending rallies or protests might distract us from our daily tasks and goals. While political awareness is important, it is equally crucial to recognize when our engagement becomes counterproductive. Ignoring politics can help us maintain a healthy work-life balance and enhance our overall productivity and efficiency.

5. Overcoming Bias

It is no secret that politics is often grounded in bias and manipulation. Mainstream media, politicians, and interest groups shape narratives to suit their agendas, making it challenging to discern the truth. By stepping away from politics, we can gain a fresh perspective and prevent ourselves from being influenced by biased information. It allows us to form our opinions based on personal experiences, critical thinking, and a more comprehensive understanding of social issues.

6. Focusing on Local Change

While national and international politics often dominate the headlines, true change often starts at the local level. Ignoring national politics can enable us to divert our attention towards local issues that directly impact our communities. Getting involved in local governance, grassroots movements, and charity work can have a tangible and immediate effect on improving the lives of those around us. By focusing on local change, we create a stronger sense of empowerment and make a genuine difference where it matters most.

While politics undeniably shapes our societies, it is perfectly acceptable and sometimes even advisable to ignore politics to preserve our mental well-being, time, and relationships. Balancing our engagement with politics ensures that we lead a more fulfilled and purposeful life, placing emphasis on personal growth, productivity, and local involvement. So, the next time you feel overwhelmed by political noise, remember that it's okay to step back and focus on what truly matters to you.

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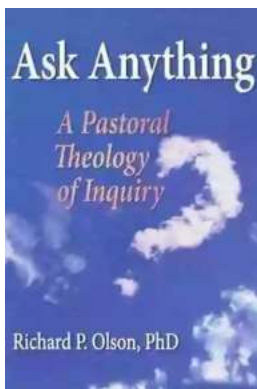


Do you feel like you're the only person at your office without an "I Voted!" sticker on Election Day? It turns out that you're far from alone – 100 million eligible U.S. voters never went to the polls in 2016. That's about 35 million more than voted for the winning presidential candidate.

In this book, Christopher Freiman explains why these 100 million need not feel guilty. *Why It's OK to Ignore Politics* argues that you're under no obligation to be politically active. Freiman addresses new objections to political abstention as well as some old chestnuts ("But what if everyone stopped voting?"). He also synthesizes recent empirical work showing how our political motivations distort our choices and reasoning. Because participating in politics is not an effective way to do good, Freiman argues that we actually have a moral duty to disengage from politics and instead take direct action to make the world a better place.

Key Features:

- Makes the case against a duty of political participation for a non-expert audience
- Presupposes no knowledge of philosophy or political science and is written in a style free of technical jargon
- Addresses the standard, much-repeated arguments for why one should vote (e.g., one shouldn't free ride on the efforts of others)
- Presents the growing literature on politically motivated reasoning in an accessible and entertaining way
- Covers a significant amount of new ground in the debate over a duty of political participation (e.g., whether participating absolves us of our complicity in state injustice)
- Challenges the increasingly popular argument from philosophers and economists that swing state voting is effective altruism
- Discusses the therapeutic benefits of ignoring politics—it's good for you, your relationships, and society as a whole.



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