

## Cable TV cold turkey

Posted At : June 1, 2013 12:35 PM | Posted By : Michael Smith

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I stopped watching cable TV over two years ago now. I use Netflix and Amazon Prime and DVDs when I want to watch a particular movie. Actually to be honest I watch a lot less TV now - I see friends and read books more.

I also went cold turkey on my news addiction about 10 years ago - gave up a heavy daily newspaper, TV news and NPR news habit. I have to say that helped me be much happier and if anything important happens I always hear about it from friends or in newsletters anyway.

There is the paying the cable and internet bill cost and then there is your time and energy cost in watching stuff that you really don't want to because it is there. How much is your time and energy worth?