

Are You Watching Too Much Television?

Contributed by Stuart Livesey
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Can there really be too much television in your life?

It might be hard for you to believe but there are some of us who can remember a time when there was no television here in Australia. I think I was 10 or 11 before my parents bought their first television set.

Of course these days everyone has a TV and, for many people, it is the focus of their lives. The television is switched on first thing in the morning and often isn't switched off till the last person goes to bed. Is that really healthy?

A noted writer found some very positive benefits when he decided to give up watching TV and you can read about those by following the link to [8 Changes I experienced After Giving Up TV](#)

To be entirely open about TV I have to say that Toni and I do watch some television but it probably averages out to be around 10 hours a week and we don't have a television in either of our offices.