

# CPC #46: ALAN is deadly and so are low dopamine humans on social media

ALAN = Artificial Light at night

We should all listen to the voice of nature, for it holds treasures for you when you are afflicted by the Dunning Kruger effect.

I think we should do the same for our friends, family, and people we cross paths with on social media. It is good to help people you care about but it is wise to test those you don't know with discomfort in posting. CHALLENGE THEM, and see how they react to the insult.



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