

Title:

Curb The TV Habit In 3 Easy Steps

Word Count:

349

Summary:

So you're not quite ready to throw the TV away, but you're limiting the time spent viewing tel

1) Identify when and why you watch and change your habits

Do you usually turn the tube on when you get home from work? Why? Do you turn it on in the lat

Sometimes the TV goes on when we're tired or bored. If you're tired, you either need to: get m

Keywords:

tv, television

Article Body:

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If you're turning on the TV to "zone out" and decompress after a busy day, try developing a ne

Some examples:

Brew a nice cup of hot tea and drink it slowly.

Write in a journal.

Put your feet up on the couch and listen to music.

Do crossword puzzles (a recent study showed that people who do crosswords on a regular basis a

2) Make TV watching inconvenient.

A TV does not belong in the bedroom! Keeping one there is bad for a marriage and bad for your

3) Give up cable.

I decided a long time ago that I would never have cable. I can think of about a thousand other

If you live in a semi-rural area, you might not even get any channels if you cancel your cable

Here's to turning off the TV and turning on life!

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