

Useful.

Thriving in a cold and infinite universe where everything is done better, cheaper, and faster by robots

Broadcast Radio Brain

Your brain can be a lot like a radio: broadcasting thoughts nonstop, without any real regard for what you want, what's nice to hear, or what you think about any of it. The good news is that it doesn't have to be that way. When you start paying attention to what "songs" you like to hear and what noise you'd be happier without, you can better tune the station.

First,

write down the broadcast that's playing in your head now...

Next,

read it back. Circle or highlight your favorite songs. Cross out any angry rants from the DJ, self-pity songs, or repetitive ads that annoy you or make you feel bad. Call in a request for more good tunes. Tell the DJ that from now on, you only want to hear songs that make you smile and shout, "*Turn it up!*"



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