

Sam Harris on Social Media & Leaving Twitter | Dr. Sam Harris & Dr. Andrew Huberman

<https://silosolo.com/240827>

Summary

The transcript reveals that the person closed their Twitter account due to the negative impact it was having on their life, including creating conflict and being the source of their worst professional experiences. They found it difficult to communicate on Twitter as they received criticism from both the Far Left and Far Right. They were advised by others, like Joe Rogan and Bill Maher, to only use Twitter for broadcasting and avoid engaging with mentions. The person acknowledges that people may have different experiences on Twitter, but they made the decision based on their personal experiences and concerns.

Silo sample questions

- Why did the person close their Twitter account?
- What were the negative experiences associated with Twitter?
- Why was it difficult for the person to communicate on Twitter?
- How did other people manage their Twitter accounts?
- Was the person's decision to close their Twitter account well-received?

Topics

Closing Twitter account

Negative experiences

Conflicts on Twitter

Managing Twitter account

Personal decision

Key Takeaways

- They closed their Twitter account because they felt it was creating needless conflict and negativity in their life.
- Many of the person's worst professional experiences were born on Twitter, and it often led to unpleasant and dysfunctional situations.
- The person received hate and criticism from both sides of the political spectrum because they criticized both the Far Left and the Far Right.
- Other people, such as Joe Rogan and Bill Maher, advised the person to avoid engaging with mentions and to only use Twitter for broadcasting, similar to how the person uses Instagram and Facebook.
- The person acknowledges that people may have different experiences on Twitter, but they made the decision based on their personal experiences and concerns.

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