

# All News is Fake News

There is infinite information in the universe. Any time you select a tiny slice of info and focus on it, you are creating a story that is different from reality itself.

Imagine a movie sliced into a million still screenshots. Say it was impossible to watch the movie and your only way of interacting with it was with these screenshots. If someone picked three of them and presented it to you as the “truth” of the movie, they’d be wrong, even if the screenshots weren’t tampered with or substituted for fakes. If the person presenting the “facts” of the movie to you had an ax to grind or wasn’t so scrupulous about accuracy in screenshots, it would be even worse. But the main point is that even if trying to be accurate, any version of the movie selected from a few micro-second still frames will present a story that’s incorrect.

Once you realize this, you can select your own slices based on what helps you achieve your goals. It may be no more accurate in terms of explaining the real movie, but none can be, so you might as well choose slices that help you. Better yet, you can stop worrying about figuring out the right version of this movie from the past and start creating your own story going into the future.

News is a specific view of reality. It’s always wrong. Worse, it’s usually bad for your health and sanity. Choose better slices of reality and your reality will improve.