

# Tidy Home, Conspiracy Theorists, Anticipation and Happiness, & Steelmanning (21m) – Episode 055

Episode 055 looks at keeping a tidy room (and home) by removing one or two items that don't belong every time you leave; asking someone to explain their conspiracy theory in detail in order for them to see its holes themselves; the difference between excitement from anticipation and your long-term happiness; and the value in asking your discussion or debate partner to explain the other side as well as they can (steelmanning).

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