Are we too dependent on technologies?

These days, people enjoy comfortable lives in their sofas, watching TV and playing games. We think our lives have improved, but is that really true?

Throughout centuries, we have suffered from many diseases, fought many wars and killed to survive. But nowadays, our phones, computers and other gadgets automate our work. We forgot how to use our greatest strength, which is our brain.

A long time ago, around 10000 B.C., instead of houses, we had caves and instead of sofas, the hard, cold ground. Despite having no defense mechanisms, we learned how to defend against many predators using various weapons and tools. In this day and age, humans cannot even light a fire, let alone construct a basic axe or a spear.

Our standards of living have improved and even though our intelligence has increased, we seem to have forgotten how to use creativity and resourcefulness. Also, sitting all day in front of screens greatly increases chances of obesity, diabetes, cancer, heart and back problems and so on.

In my opinion, people have gotten too soft, and if we do not do something about it, it will only get worse.

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