

# Does the internet help us live life to the full?

I'm a great fan of the internet and all that it can offer. However, I feel I should reflect (1) ..... the pros and cons of using it so much. I'd like to consider whether it really is helping people live their lives to the full or not.

## Pros

Firstly, getting information on any subject is fast and easy. A simple online search provides us (2) ..... information, teaches us about the world in general, or can help us plan a holiday. Secondly, many people choose to engage (3) ..... a range of activities online because they want to let their friends and family know about all the exciting things that they are doing. And this appeals (4) ..... people who want to live their life to the full and don't have enough time to write emails or letters to everyone in their circle of friends. Now, we can send messages or photos to hundreds of friends around the world in no time at all. This next point is tricky, but I choose to include it (5) ..... the pros – it's online shopping. You can buy almost anything online as businesses increasingly opt (6) ..... the internet as a means of promoting their products and services (7) ..... the public. Some people blame the internet (8) ..... the increase in the number of people getting into debt, but I'm not sure this is true.

## Cons

There is serious concern about the increase (9) ..... the amount of time people spend on their own in front of a screen. We should beware (10) ..... letting time slip by without face-to-face contact with friends. People who devote an excessive amount of time (11) ..... using their computer may risk feeling lonely and isolated. For some people, the internet has made it more difficult to tell the difference (12) ..... work and leisure time. People can contact us at any time and any place. Not all employers comply (13) ..... the terms of their employees' contracts, and expect them to be available to answer emails after normal working hours. Unfortunately, the internet has become associated (14) ..... working more and having less free time. Although we are aware of this, it is almost impossible to shield ambitious employees completely (15) ..... this negative aspect of the internet.

Knowing the pros and cons of the internet allows us to make better decisions about how to spend our time. And although I admit that those who campaign (16) ..... a better work-life balance have a valid point, in my opinion, the internet helps us live our lives to the full more than it prevents it.