In the 21<sup>st</sup> century it is hard to imagine our life without the internet, it has become a half-part of our live. The Internet use in all world, because its has technical advantages. We use the Internet at work, at home, we can learn and studying, where we going everywhere we can. The Internet has made life easier everyday, but we also must remember its has as good as bad things. Sometimes while use Internet we didn't see the time, excessive use and we didn't care about health. In our life all thing need balans. We work longer hours. We are connected 24/7. The need for speed is the worst thing in peoples lives. It destroys our health, families, and communities. Its better to emphasize quality, not quantity. After use computer we need to relax, need see in nature and to breath fresh air and we need conversation with our family and to visit our relatives etc.

What about me? If i had to slow down internet in my life, i would find more time spend on my family, relatives, i more relax life style and go to sport. I think its better apprecation in my life and all on my health. I closer frinedships and less stress. After my hard work, i quiet weekend has emphasized to it walking and do exercises. Slowing down the internet would cause me more to read a book, more thinking about my eternal life and valuable in my life. A scientist said that our perception of time would change if the internet were slower. Our lives wouldnt be longer of course – they would just seem it. But If had to slow down internet in life other people i dont know what would they doing, maybe first they have more stress its unequivocally.

I know in our world there are places where not be internet all and the happiest people live there, maybe?