



Brilliant but Alone: Why Deep Thinkers Face Isolation in a World

Description

Deep thinkers have long faced isolation in a world that often resists intellectual depth and uncomfortable truths. From ancient philosophers like Socrates to modern visionaries like Turing, history shows that those who challenge the status quo are often ridiculed, dismissed, or even persecuted. This article explores the psychological, neurological, and societal reasons behind this resistance—how deep thinkers unintentionally expose cognitive limitations, trigger fear responses, and disrupt group norms. Social media and cognitive biases further amplify this divide, favoring confidence over intelligence and entertainment over enlightenment. Yet, despite these challenges, deep thinkers are essential for progress, pushing humanity forward with groundbreaking ideas. By embracing solitude, finding like-minded communities, and mastering strategic communication, they can navigate society without losing their intellectual identity. The world may resist them, but it ultimately depends on them to evolve.



The Isolation of Deep Thinkers in Society

Introduction

Recognizing the Experience of Isolation

Throughout human history, those who think deeply, question widely, and seek truth beyond the surface have often found themselves isolated from mainstream society. This isolation is not just a byproduct of intelligence—it is tied to the very nature of intellectual depth, curiosity, and nonconformity.

Deep thinkers tend to see beyond socially accepted narratives, question established traditions, and challenge common assumptions. In doing so, they often expose the limits of conventional thought. While this can lead to groundbreaking discoveries, innovations, and philosophical advancements, it can also result in alienation, misunderstanding, or even hostility from those who are more comfortable with the status quo.

The experience of isolation is not uniform—it can manifest in different ways. Some deep thinkers feel intellectually lonely, unable to engage in meaningful conversations with those around them. Others experience social rejection or skepticism because their ideas seem too unconventional or ahead of their time. The very act of deep reflection, which requires solitude, can further intensify feelings of separation from society.

Despite this, the contributions of deep thinkers remain essential. Without them, humanity would stagnate in its development. Every major philosophical, scientific, and technological advancement was driven by individuals who dared to think beyond accepted norms. Yet, the path of a deep thinker is often a lonely one, filled with resistance, skepticism, and, at times, persecution.

Historical and Cultural Patterns of Resisting Deep Thinkers

Resistance to deep thinkers is not a modern phenomenon—it is a pattern embedded in the very fabric of human history. Societies, institutions, and governments have frequently silenced, ridiculed, or even punished those who challenged the dominant narratives of their time.

Consider the stories of some of history's greatest intellectuals:

- **Socrates (470â??399 BC)** â?? The father of Western philosophy, Socrates encouraged critical thinking and the questioning of authority. His method of relentless inquiry made him a threat to the political and religious elite of Athens. Accused of corrupting the youth and undermining traditional beliefs, he was sentenced to death, choosing to drink poison rather than abandon his principles.
- **Galileo Galilei (1564â??1642)** â?? A brilliant astronomer and physicist, Galileo used scientific observation to prove that the Earth revolved around the Sun, contradicting the long-standing geocentric view endorsed by the Church. For challenging this belief, he was tried for heresy, forced to publicly renounce his findings, and placed under house arrest for the remainder of his life.
- **Nikola Tesla (1856â??1943)** â?? One of the greatest inventors of all time, Tesla envisioned a world powered by free energy and wireless technology. His radical ideas threatened corporate and industrial interests, leading to financial ruin and obscurity in his later years. Though his work laid the foundation for modern electrical engineering, he died alone and largely forgotten.
- **Friedrich Nietzsche (1844â??1900)** â?? A philosopher whose writings challenged morality, religion, and societal norms, Nietzsche was dismissed and misunderstood during his lifetime. His works later influenced existentialism and modern psychology, but in his era, he was ridiculed, leading to a life of isolation and mental deterioration.
- **Alan Turing (1912â??1954)** â?? The mathematician who cracked the German Enigma code during World War II and laid the groundwork for modern computing, Turing was later prosecuted for his homosexuality, leading to chemical castration and his tragic suicide. His intellectual brilliance was recognized only decades after his

death.

- **Hypatia of Alexandria (c. 350â??415 AD)** â?? A philosopher, astronomer, and mathematician, Hypatia defied the male-dominated intellectual world of her time. Her progressive ideas on science and philosophy made her a target of religious extremists, leading to her brutal murder by a mob.

These figuresâ??and countless othersâ??serve as stark reminders that society has always resisted those who disrupt conventional thinking. The pattern remains the same: challenge the status quo, and society will often push back.

However, history also teaches us that the suppression of deep thinkers is never permanent. Their ideas, once rejected, often become the foundation for future progress. The very truths that Socrates, Galileo, Tesla, and others suffered for are now widely accepted and celebrated. Yet, in their own time, they were outcasts.

Purpose of the Article

This article seeks to explore the underlying reasons behind the isolation of deep thinkers. It is not just about intelligenceâ??it is about the fundamental ways in which human psychology, societal structures, and cognitive biases interact to create resistance to intellectual depth.

We will examine:

1. The Psychological Discomfort of Deep Thinking

- Why deep thinkers unsettle others.
- How ego defense mechanisms lead to intellectual resistance.
- Why confidence often outweighs intelligence in social hierarchies.

2. The Neuroscience Behind Social Rejection

- How the brain reacts to intellectual challenges.
- The role of evolutionary survival instincts in rejecting nonconformists.

3. Cognitive Biases and the Role of Social Media

- How cognitive distortions prevent people from embracing new ideas.
- Why social media amplifies surface-level thinking over deep discussions.

4. Schopenhauerâ??s Perspective on Intelligence and Isolation

- The philosophical view that deep intelligence often leads to loneliness.
- Why the pursuit of truth can be psychologically burdensome.

5. Coping Strategies for Deep Thinkers

- How to navigate society while maintaining intellectual authenticity.

- Ways to connect with like-minded individuals.
- The importance of choosing the right moments to engage in deep discourse.

6. Lessons from History: The Thinkers Who Were Rejected but Changed the World

- Analyzing historical case studies of individuals who faced societal opposition.
- How their ideas eventually transformed civilization.

7. How Deep Thinkers Can Thrive in Modern Society

- Practical approaches for intellectuals to engage with a society that often resists them.
- The importance of storytelling and strategic communication in conveying complex ideas.

At its core, this article aims to offer both understanding and empowerment. While deep thinkers may feel alone, their contributions are invaluable. By exploring these themes, we hope to provide insight into why this pattern of isolation exists, while also offering strategies to navigate it effectively.

The isolation of deep thinkers is not a mark of failure—it is often a sign that they are asking the right questions.



Part 1: The Psychology of Discomfort

Deep thinking is often met with discomfort, resistance, or even outright hostility. But why? The answer lies in the way human psychology processes unfamiliar, complex, or challenging ideas. At its core, intelligence is not just about knowledge—it is about perception, self-awareness, and the ability to question reality. When deep thinkers introduce perspectives that contradict widely held beliefs, they inadvertently unsettle those around them.

This section explores the psychological reasons behind society's resistance to deep thinkers, from the ego's need for self-preservation to the paradoxical role of intelligence

in social detachment.

Why Deep Thinking Makes Others Uncomfortable

The Mirror Effect: When Intelligence Becomes a Threat

One of the fundamental reasons deep thinkers make others uncomfortable is that they act as mirrors, unintentionally revealing the intellectual limitations of those around them. When someone presents a profound or unconventional idea, it forces others to confront the boundaries of their own knowledge. This can lead to feelings of inadequacy, defensiveness, or frustration.

Unlike other forms of superiority—such as wealth, physical strength, or social status—intelligence directly challenges a person's self-perception. People can accept that someone is richer or stronger than they are without feeling personally attacked. However, when confronted with intellectual depth, people often take it as a critique of their own thinking ability. This discomfort leads to resistance, dismissal, or even outright hostility.

Consider how society often reacts to highly intellectual discussions. Instead of engaging with curiosity, many people:

- **Dismiss complex ideas as unnecessary or impractical.** (â??Thatâ??s overthinking. Just keep it simple.â?¶)
- **Mock intellectual discussions.** (â??You sound like a philosopher. Get real.â?¶)
- **Resist changing their worldview.** (â??Thatâ??s interesting, but I donâ??t believe it.â?¶)

In short, when deep thinkers challenge conventional wisdom, they unintentionally expose the fragility of the average person's intellectual foundation—something most people would rather not confront.

Ego Defense Mechanisms in Society

When people experience intellectual discomfort, their natural response is often to protect their ego. This happens through psychological defense mechanisms, which shield them from the stress of feeling intellectually inadequate or challenged.

Some common defense mechanisms include:

- **Denial:** Rejecting new ideas outright because they contradict what one already believes.

- **Rationalization:** Creating justifications to dismiss an idea instead of engaging with it.
- **Projection:** Accusing deep thinkers of being arrogant or pretentious rather than admitting personal discomfort.
- **Avoidance:** Changing the subject or disengaging from intellectual discussions altogether.

Instead of responding with curiosity or openness, many people instinctively resist deep thinking because it threatens their sense of self. This is why deep thinkers often face indifference, mockery, or hostility rather than engagement.

Example: A person who believes in a deeply ingrained societal norm (such as traditional gender roles, economic models, or religious beliefs) may react with anger or dismissal when presented with evidence that contradicts their views. Rather than re-evaluating their beliefs, they may attack the messenger instead.

This psychological resistance is why many deep thinkers struggle to have meaningful conversations with the general population. The more they push intellectual boundaries, the more they invite defensive reactions.

Confidence vs. Intelligence in Social Hierarchies

Society does not necessarily reward intelligence—it rewards confidence. In social and political arenas, those who speak with conviction, charisma, and simplicity tend to gain influence more easily than those who express nuanced, complex, or intellectual ideas.

This is why:

- **Charismatic individuals often outshine intellectuals.** People are drawn to those who project certainty, even if their ideas lack depth.
- **Simplistic narratives gain more traction.** The average person prefers digestible, emotionally resonant stories over complex truths.
- **Populist leaders and viral influencers dominate public discourse.** Those who simplify issues and appeal to emotions (rather than logic) often win public favor.

Consider modern political landscapes. Throughout history, populist leaders have risen to power not by offering the most intellectual solutions, but by presenting easy-to-understand answers, appealing to emotions, and projecting confidence. Meanwhile, deep thinkers—who often speak in nuanced, conditional terms—are dismissed as being too academic or out of touch with reality.

Likewise, in the world of social media, the most viral content is often not the most insightful, but the most entertaining or emotionally charged. Thoughtful, deeply researched content rarely gains mass attention because it requires mental effort, while simplistic or sensationalistic takes spread rapidly.

This dynamic creates a paradox where intelligence, which should be an asset, can actually become a social disadvantage in many contexts.

The Paradox of Intelligence and Social Detachment

One of the greatest paradoxes of intelligence is that the more deeply one understands the world, the more isolated they often feel.

- **Deep thinkers seek truth, even when it is uncomfortable.** This makes them less likely to conform to socially accepted but flawed narratives.
- **They often struggle to find like-minded individuals.** The more advanced one's thinking becomes, the fewer people there are who can relate.
- **Society rewards conformity over depth.** Those who fit in, rather than those who question, tend to be more socially successful.

This paradox explains why many great thinkers, scientists, and philosophers throughout history have experienced isolation, loneliness, or even depression. The very thing that allows them to perceive reality more clearly also distances them from the average person.

Example: A deep thinker might see the flaws in mass media, consumer culture, or political ideologies, while those around them engage in these systems without question. This awareness creates a sense of detachment, as the thinker realizes they are operating on a different mental frequency than the majority.

For many deep thinkers, social detachment is not a choice but a consequence of seeing the world differently. While they may crave meaningful interactions, they often find that the depth of their thoughts is not shared or appreciated by those around them.

Final Thoughts on the Psychology of Discomfort

Deep thinkers disrupt the psychological comfort of those around them. By challenging societal norms, questioning accepted beliefs, and seeking intellectual depth, they force others to confront their own limitations. This often triggers ego defenses, social resistance, and isolation.

However, this isolation is not necessarily a weakness—it is a sign of intellectual courage. Throughout history, the minds that changed the world were not those who fit in, but those who dared to think differently, even in the face of rejection.



Part 2: The Neuroscience of Fear and Social Rejection

While psychology explains why people react defensively to deep thinkers, neuroscience reveals how these reactions are hardwired into the human brain. Our brains are not designed for intellectual complexity; they are built for survival. In the grand timeline of human evolution, intelligence has always been secondary to social cohesion. The brain prioritizes belonging over truth, and this deeply ingrained survival instinct often manifests as a resistance to those who challenge the status quo.

This section explores how the brain's fear response, survival instincts, and group dynamics contribute to the rejection of deep thinkers in society.

How the Brain Reacts to Intellectual Discomfort

Amygdala Activation: Why Intellectual Challenges Feel Like Threats

At the heart of the brain's fear response lies the amygdala—a small, almond-shaped cluster of neurons responsible for detecting threats and triggering emotional reactions. While the amygdala is typically associated with physical danger (such as detecting predators or sensing aggression), it also plays a crucial role in social and intellectual threats.

When people encounter an idea that contradicts their beliefs or exposes their intellectual limitations, the amygdala can trigger a **fight-or-flight response**, causing them to:

- **Feel defensive and dismissive.** (â??Thatâ??s just nonsense!â?¶)
- **React emotionally instead of logically.** (â??Youâ??re overcomplicating things!â?¶)
- **Avoid further discussion.** (â??Letâ??s not get into this debate.â?¶)

This response is **not a conscious decision** but an automatic survival instinct. The brain perceives a challenge to oneâ??s beliefs as an attack on oneâ??s identity, which can provoke fear, anger, or avoidance. This explains why deep thinkers often encounter emotional pushback instead of reasoned discussion when presenting unconventional ideas.

Example: Consider how people react when confronted with uncomfortable scientific truths, such as climate change, evolution, or economic inequalities. Rather than engaging with facts, many reject the information outright because it triggers an emotional, fear-based reaction in the brain.

Survival Instincts: Why Belonging Matters More Than Truth

For most of human history, survival depended on **tribal cohesion**, not intellectual debate. Early humans who prioritized group loyalty over independent thinking had a greater chance of survival. Those who questioned leadership, challenged traditions, or sought too much complexity often found themselves ostracizedâ??or worse, eliminated.

Even today, this instinct remains deeply ingrained in our neurology:

- **The brain rewards conformity.** Social acceptance releases dopamine, reinforcing group loyalty.
- **Questioning the group triggers discomfort.** Disagreeing with the majority activates stress responses, making people hesitant to go against popular beliefs.
- **Deep thinkers disrupt group unity.** By introducing complexity, they challenge the simple narratives that hold societies together.

This evolutionary bias explains why **intellectuals, philosophers, and truth-seekers often face rejection**??they represent an existential threat to the stability of the group. People may not consciously realize it, but their resistance to deep thinkers is an ancient survival mechanism designed to maintain social harmony.

Example: Throughout history, societies have persecuted those who introduced disruptive ideas, from **Galileoâ??s heliocentric theory** to **Copernicusâ?? challenge to religious dogma**. These thinkers were not just seen as â??wrongâ? â??they were viewed as threats to the very fabric of society.

Deep Thinkers as a Threat to Social Order

Why Intellectuals Disrupt Group Norms

Most societies function by **shared narratives**??simplified beliefs that keep large groups of people unified and functioning. These narratives often rely on tradition, faith, and authority rather than critical thought. Deep thinkers, by their very nature, question these structures, making them **disruptors of the social order**.

Deep thinkers challenge:

- **Religious dogma** (e.g., questioning divine authority).
- **Political ideologies** (e.g., exposing corruption or authoritarianism).
- **Cultural norms** (e.g., advocating for human rights or gender equality).
- **Economic systems** (e.g., critiquing capitalism or systemic inequalities).

For the average person, **these challenges create uncertainty, discomfort, and fear**. A simple world is a stable world, and intellectuals complicate that stability by questioning foundational beliefs. This is why societies often resist thinkers who disrupt the norm.

Example: In modern times, **Edward Snowden** and **Julian Assange** exposed uncomfortable truths about government surveillance. Rather than being embraced as intellectual truth-seekers, they were labeled as threats and faced persecution.

The Human Brain Prefers Social Acceptance Over Independent Thinking

The human brain is not optimized for truth-seekingâ??it is optimized for **belonging**.

- **Group identity is deeply ingrained in the brain.** Studies show that people feel genuine pain when socially excluded, similar to physical pain.

- **Thinking independently requires cognitive effort.** The brain naturally prefers mental shortcuts (heuristics) over deep analysis.
- **Being different increases social risk.** Challenging the group can result in isolation, ridicule, or rejection.

For these reasons, most people instinctively **choose group acceptance over intellectual depth**. They may admire deep thinkers from a distance, but in their personal lives, they prioritize fitting in over seeking truth.

Group Dynamics and the Rejection of Intellectualism

The Power of Group Settings in Silencing Deep Thinkers

In **one-on-one conversations**, deep thinkers may find people who are willing to engage with complex ideas. However, in **group settings**, intellectual discussions often meet resistance. This happens because:

- **Social status becomes more important in groups.** People are more likely to reject complex ideas if they fear losing status or looking ignorant in front of others.
- **The majority opinion dominates.** If most people in a group reject a new idea, individuals feel pressured to conform, even if they privately agree with the thinker.
- **Groupthink discourages intellectual depth.** The desire for harmony leads people to avoid controversial discussions.

This is why deep thinkers often face hostility in group discussions, meetings, or social gatherings. Rather than engaging with depth, groups tend to:

- **Mock intellectual discussions as "pretentious" or "unnecessary."**
- **Change the subject to avoid discomfort.**
- **Dismiss deep thinkers as "overanalyzing" things.**

The result? Intellectuals either silence themselves or withdraw from social settings altogether, reinforcing their isolation.

Society's Need to Undermine Intellectuals

To maintain stability, societies often **undermine or exclude deep thinkers** rather than embracing them. This happens through:

- **Ridicule:** Intellectuals are portrayed as "out of touch," "boring," or "elitist."

- **Censorship:** Radical thinkers are silenced, banned, or even persecuted.
- **Marginalization:** Society prioritizes entertainers, influencers, and charismatic leaders over intellectuals.

This pattern has repeated throughout history. Many of the world's greatest minds—**Socrates, Hypatia, Turing, Tesla**—were either ignored, exiled, or destroyed by the very societies they sought to enlighten.

Final Thoughts on the Neuroscience of Social Rejection

Deep thinkers are not rejected because they are wrong; they are rejected because they **threaten the stability of the collective mind**. The brain's survival instincts favor social cohesion over intellectual depth, which is why:

- People instinctively resist complex ideas that disrupt their worldview.
- Social groups exclude or undermine deep thinkers to maintain harmony.
- Society rewards confidence and charisma over intellectualism.

Understanding this neurological wiring is essential for deep thinkers to navigate society effectively. Instead of expecting mass acceptance, they must **strategically engage with those who are open-minded** and **find ways to communicate depth in a digestible manner**.

11 Struggles of Being a Deep Thinker in the Modern World - Learning Mind

Part 3: Cognitive Biases and the Role of Social Media

Deep thinkers face resistance not only due to human psychology and neuroscience but also because of deeply ingrained **cognitive biases**—mental shortcuts that lead people to reject complexity in favor of comfort. In an age dominated by **social media**, these biases are further amplified, making it even harder for intellectual depth to gain widespread acceptance.

This section explores the psychological barriers that prevent people from engaging in deep thinking and how social media has become a **powerful force in amplifying intellectual isolation**.

Psychological Barriers to Deep Thinking

Our brains are wired for efficiency, not exhaustive analysis. To process information quickly, people rely on **cognitive biases**??automatic mental shortcuts that shape how they interpret reality. Unfortunately, these biases often lead to **intellectual resistance**, discouraging critical thought and deep engagement.

Dunning-Kruger Effect: The Illusion of Competence

One of the most significant obstacles to intellectual discussions is the **Dunning-Kruger effect**, a cognitive bias where:

- **People with low ability overestimate their intelligence** because they lack the knowledge to recognize their own incompetence.
- **Genuinely intelligent people tend to underestimate their knowledge**, assuming that if something is obvious to them, it must be obvious to others.

This creates a paradox:

ð??? **Those who know the least often speak with the most confidence.**

ð??? **Those who know the most often hesitate, recognizing complexity.**

In social settings, **confidence is often mistaken for competence**, meaning that individuals who oversimplify complex topicsâ??whether politicians, influencers, or public figuresâ??are more likely to be heard than deep thinkers who acknowledge uncertainty and nuance.

Example: A charismatic leader confidently proclaims, â??Climate change is a hoax!â?[] while a scientist carefully explains, â??The data overwhelmingly supports climate change, though there are many variablesâ?;!â?[] â??which one is more likely to be believed by the general public?

Status Quo Bias: The Comfort of Familiarity

Another major cognitive bias is the **status quo bias**, which leads people to:

- **Resist change, even when evidence suggests it is necessary.**
- **Prefer familiar ideas over challenging truths.**
- **Reject new ways of thinking simply because they feel uncomfortable.**

Societies rely on **shared narratives** to function. These narratives often prioritize **tradition, authority, and stability** over intellectual inquiry. When deep thinkers introduce new perspectives, people instinctively resistâ??not because the ideas are wrong,

but because they **threaten the comfort of the familiar**.

Example: Many people resisted Galileo's heliocentric model of the solar system not because of scientific flaws, but because the idea was **too different** from what they had been taught.

Backfire Effect: Why Facts Don't Always Change Minds

Deep thinkers often assume that presenting **logical arguments and evidence** will change people's minds. However, studies show that confronting someone with contradictory information can actually make them **double down** on their pre-existing beliefs—a phenomenon known as the **Backfire Effect**.

- When faced with **evidence that contradicts their views**, people do not objectively analyze the data.
- Instead, they feel **attacked** and instinctively defend their position, strengthening their belief.
- The brain treats **intellectual challenges** the same way it treats **physical threats**, triggering a defensive reaction.

This explains why **rational debate rarely changes entrenched opinions** and why simplistic narratives (even if false) are more effective in influencing public opinion than complex truths.

Example: If a person strongly believes that vaccines cause autism, presenting them with scientific studies proving otherwise might not change their mind. Instead, they may **reject the studies as biased** and further entrench their views.

How Social Media Amplifies Intellectual Isolation

Social media was once seen as a tool for open discussion and knowledge-sharing. However, its **design and incentives** now actively discourage deep thinking, promoting **entertainment, emotional reaction, and tribalism** over intellectual depth.

Algorithms Prioritize Engagement Over Depth

Social media platforms are **not neutral information hubs**—they are **profit-driven businesses** designed to maximize **engagement** (likes, shares, comments).

- **Complex ideas require time and effort to understand.**
- **Outrage, humor, and sensationalism generate instant engagement.**

- **Algorithms reward posts that trigger quick reactions rather than thoughtful discussions.**

As a result, **deep thinkers struggle to gain visibility** because their content is often:

- â? Too nuanced for quick consumption.
- â? Too challenging for the average user.
- â? Less emotionally triggering than clickbait or controversy.

This creates an environment where **simpistic, emotionally charged content dominates public discourse**, further marginalizing deep thinkers.

Example: A well-researched article on economic inequality may get ignored, while a 15-second video with a catchy slogan gets millions of shares.

Viral Content Rewards Sensationalism, Not Truth

In a world driven by **virality**, the content that spreads the fastest is:

- ð??? **Emotionally charged** (anger, outrage, humor).
- ð??? **Simplistic** (short, digestible, low effort).
- ð??? **Visually engaging** (memes, short videos).

Deep thinkers, who prioritize **depth, nuance, and intellectual honesty**, find themselves at odds with this system. Their insights are often **too complex for mass consumption**, leading to frustration and further isolation.

Example: The scientific method thrives on **uncertainty and revision**, but social media thrives on **certainty and bold claims**. This is why conspiracy theories spread faster than scientific papers.

The Rise of Echo Chambers and Tribal Thinking

Social media has also led to the **creation of echo chambers**, where people are **only exposed to information that reinforces their existing beliefs**.

- ð??¹ **Algorithms show users what they already agree with.**
- ð??¹ **Opposing views are filtered out, creating ideological bubbles.**
- ð??¹ **People become more extreme in their beliefs over time.**

For deep thinkers, this presents a **major challenge**:

- Intellectual discussions require **exposure to opposing viewpoints**.
- However, social media actively **discourages engagement with different perspectives**.
- This results in **increasing polarization**, making intellectual discourse even more difficult.

Example: Someone who only follows politically left-leaning accounts will rarely see conservative arguments (and vice versa). This leads to a **distorted sense of reality**, where people believe their side is â??obviously correctâ? while others are â??misguided or evil.â?

Final Thoughts: The Digital Battle Against Intellectual Depth

Cognitive biases make deep thinking difficult, but social media **supercharges these biases**, creating a world where:

- **Confidence outweighs intelligence** (Dunning-Kruger Effect).
- **Familiarity is preferred over truth** (Status Quo Bias).
- **Contradictory evidence strengthens false beliefs** (Backfire Effect).
- **Entertainment outperforms enlightenment** (Algorithmic Prioritization).
- **Tribalism replaces intellectual discussion** (Echo Chambers).

As a result, deep thinkers often feel **more isolated than ever**, struggling to find meaningful engagement in a world that increasingly **prioritizes speed, sensation, and certainty over depth, nuance, and truth**.

What Can Deep Thinkers Do?

Although the odds are against them, deep thinkers can still **thrive** in the digital age by:

- â? **Seeking like-minded intellectual communities.**
- â? **Learning how to communicate depth in digestible ways.**
- â? **Using long-form content platforms (blogs, podcasts, books).**
- â? **Navigating social media strategically rather than expecting open dialogue.**

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Part 4: Schopenhauerâ??s Perspective on Intelligence and Isolation

Arthur Schopenhauer, one of the most influential 19th-century philosophers, was a **pessimist about human nature and society**. His writings explore the paradox of intelligence—how **greater awareness can lead to deeper loneliness**.

According to Schopenhauer, intelligence is **both a gift and a burden**. While it enables profound understanding, it also creates **alienation from mainstream society**. Deep thinkers, in their pursuit of truth, often find themselves at odds with a world that values **comfort over intellectual rigor**.

This section delves into **Schopenhauer's insights on intelligence, social isolation, and the human struggle between truth and happiness**.

Intelligence as a Double-Edged Sword

Schopenhauer believed that **increased intelligence leads to isolation** because highly intelligent individuals perceive **realities that most people prefer to ignore**.

??¹ **The more one understands the world, the more one sees its flaws, absurdities, and contradictions.**

??¹ **Ignorance provides contentment, while knowledge often leads to disillusionment.**

??¹ **Highly intelligent individuals are more aware of existential suffering, injustice, and human folly.**

Why Intelligence Leads to Loneliness

1. **Deep thinkers question social norms**, making it harder to fit in.
2. **They see through deception**, making them skeptical of mainstream narratives.
3. **They struggle with shallow conversations**, which make up the bulk of social interactions.

Example: A person who deeply studies history will struggle with **blind patriotism**. While others feel **comfort in collective myths**, the intellectual feels **alienated by inconvenient truths**.

Schopenhauer's perspective aligns with modern psychology: **happiness is often correlated with ignorance, while intelligence increases sensitivity to existential concerns**.

The Will to Truth vs. The Will to Happiness

At the heart of Schopenhauer's philosophy is a stark contrast between **two fundamental drives**:

1. **The Will to Truth** ?? A relentless pursuit of knowledge, understanding, and intellectual honesty, regardless of personal cost.
2. **The Will to Happiness** ?? The human tendency to seek comfort, pleasure, and social belonging, even at the expense of truth.

Why Society Resists Deep Thinkers

Most people **subconsciously prioritize happiness over truth**, leading them to:

- ?? **Avoid painful realities** in favor of comfortable illusions.
- ?? **Resist intellectual challenges** that disrupt their worldview.
- ?? **Dismiss deep thinkers** as overly serious, pessimistic, or arrogant.

Meanwhile, **truth-seekers sacrifice comfort for insight**, leading to:

- ? **Social alienation**, since they see through collective delusions.
- ? **Emotional burden**, as deep awareness increases sensitivity to human suffering.
- ? **Existential frustration**, as society rewards compliance over critical thought.

Example: An intellectual may recognize the flaws in consumerism, seeing how corporations manipulate desires. However, their insights do **not bring them joy**??they merely make them **more aware of a reality most people ignore**.

Schopenhauer's Conclusion: If one seeks truth, one must accept solitude.

The Futility of Superficial Social Interactions

Another key reason deep thinkers struggle in society is their **inability to find meaning in superficial social exchanges**.

??¹ **Most conversations revolve around trivial topics**??celebrity gossip, sports, or small talk.

??¹ **People often engage in social rituals rather than meaningful discussions.**

??¹ **Deep thinkers find deception and pretense exhausting, preferring solitude to shallow interactions.**

Why Intellectuals Struggle with Social Settings

1. **Small talk feels pointless** ?? A deep thinker would rather discuss philosophy, science, or human nature than the weather or reality TV.
2. **Conventional opinions feel scripted** ?? Most social interactions involve predictable, unexamined ideas rather than genuine thought.
3. **Honesty is socially risky** ?? Many people prefer **social harmony over uncomfortable truths**, making deep discussions unwelcome in casual settings.

Example: A person deeply interested in ethics may struggle in environments where **moral compromise is normalized** (e.g., corporate politics, entertainment media).

Schopenhauer argued that for an intelligent person, **solitude is preferable to meaningless socialization**. However, this **comes at the cost of loneliness**.

The Link Between Awareness and Loneliness

The more one understands reality, the **less one feels satisfied with conventional social structures**.

- **Intellectuals often feel out of sync with society**, since they see beyond cultural illusions.
- **They crave depth and meaning**, while society favors simplicity and comfort.
- **The more they observe human nature, the harder it becomes to connect with others.**

The Burden of Seeing Too Clearly

Schopenhauer believed that **self-awareness increases suffering** because it strips away **false comforts**.

?? The **average person** finds meaning in **money, status, relationships, and entertainment**.

?? The **intellectual** sees these as **fleeting, superficial, or illusory**, leading to existential frustration.

This is why **many brilliant thinkers throughout history have suffered from depression, loneliness, or social rejection**. They are not ??broken?? ??they are merely **too aware of reality to find comfort in illusions**.

Schopenhauer's Advice: Accept loneliness as **the price of wisdom**. Instead of forcing social integration, **cultivate a rich intellectual and creative inner life**.

Final Thoughts: The Cost of Seeing the World Clearly

Schopenhauer's philosophy reveals a **difficult truth**:

- **The pursuit of knowledge isolates, but ignorance comforts.**
- **The more deeply one thinks, the harder it becomes to relate to mass culture.**
- **Happiness and intelligence often stand in opposition.**

While society may **reject deep thinkers**, their role remains essential. Without them, humanity would never challenge dogma, question authority, or seek truth.



Part 5: Coping Strategies for Deep Thinkers

While deep thinkers may feel isolated in a society that often **prioritizes conformity over intellectual depth**, this does not mean they must resign themselves to loneliness or frustration. By **understanding their unique challenges and adopting strategic approaches**, deep thinkers can **find fulfillment, connection, and purpose** without compromising their intellectual integrity.

This section explores three key coping mechanisms:

- â?? **Embracing solitude as a strength** rather than a weakness.
- â?? **Finding like-minded individuals** who appreciate intellectual depth.
- â?? **Engaging with society strategically** to minimize frustration and maximize impact.

1. Embracing Solitude as a Strength

Rather than viewing solitude as **a burden**, deep thinkers can **reframe it as an opportunity for intellectual and personal growth**. Many of the worldâ??s greatest mindsâ??Einstein, Nietzsche, Da Vinciâ??**found solace in solitude**, using it as a space to create, analyze, and innovate.

Why Solitude is Beneficial for Deep Thinkers

- ð??¹ **Enhanced Creativity** â?? Time alone fosters deep thinking, imagination, and original insights.
- ð??¹ **Freedom from Superficiality** â?? Solitude removes the pressure to conform to shallow social interactions.
- ð??¹ **Mental Clarity** â?? The absence of distractions allows for deeper reflection and problem-solving.

Shifting from Loneliness to Self-Sufficiency

Instead of seeing isolation as **a lack of connection**, deep thinkers can **turn inward and cultivate self-reliance**:

- â?? **Engage in intellectual pursuits** â?? Read, write, analyze, and explore ideas deeply.
- â?? **Develop independent hobbies** â?? Painting, music, coding, or meditation can be fulfilling.
- â?? **Keep a journal** â?? Writing down thoughts can help process and refine complex ideas.

Example: Nikola Tesla spent much of his life in solitude, using that time to **revolutionize electrical engineering**. He did not need **constant validation from society**â??his ideas spoke for themselves.

ð??¹ **Mindset Shift:** â??I am aloneâ? â?? â??I am free to explore the depths of my mind.â?

2. Finding Like-Minded Individuals

While solitude is valuable, complete isolation can be **mentally and emotionally draining**. It is crucial for deep thinkers to **seek out those who appreciate their intellectual depth**.

How to Connect with Like-Minded Thinkers

Online Communities: Platforms like **Reddit, Quora, Discord, and niche forums** provide spaces where intellectual discussions thrive.

Book Clubs & Philosophy Groups: Local meetups, university discussions, or academic clubs can be great outlets.

Creative & Scientific Circles: Writers, artists, and researchers often value deep, analytical thinking.

Mentorship & Collaboration: Finding a mentor (or mentoring others) can create **mutually enriching intellectual connections**.

Example: The **Vienna Circle** (a group of 20th-century intellectuals) brought together philosophers, scientists, and mathematicians who **challenged conventional wisdom and reshaped modern thought**.

Mindset Shift: "No one thinks like me" "I haven't found my intellectual tribe yet."

3. Strategic Engagement with Society

Since deep thinkers often **struggle to communicate complex ideas** in mainstream settings, strategic engagement is essential. Rather than **forcing intellectual discussions in unreceptive environments**, deep thinkers can **observe, adapt, and choose their moments wisely**.

Observing Social Dynamics Before Engaging

Assess the audience: Before diving into an intellectual discussion, gauge whether the other person is open to deep conversation.

Use analogies and simple explanations: Complex ideas are more digestible when framed in relatable terms.

Recognize when to step back: Some discussions are unproductive, and forcing depth in shallow settings can lead to frustration.

Example: Carl Sagan, despite being one of the greatest scientific minds, **knew how to make complex cosmic ideas accessible to the public**. His success lay in **strategic**

communication, not intellectual arrogance.

Choosing Battles Wisely

Not every conversation requires deep thinkers to **challenge misconceptions or introduce radical ideas**. Picking the right moments helps:

â?? **When someone is genuinely curious** â?? Engage when people show an openness to new ideas.

â?? **When there is a real opportunity for change** â?? Certain discussions (policy, ethics, technology) benefit from intellectual input.

â?? **When speaking can inspire rather than alienate** â?? The goal is to **educate, not intimidate**.

ð??¹ **Mindset Shift:** â??No one understands meâ? â?? â??I will share my insights where they can make a difference.â?

Final Thoughts: Turning Isolation into Empowerment

By **embracing solitude, finding intellectual allies, and engaging with society strategically**, deep thinkers can **turn isolation into strength**.

- **Solitude fuels creativity, insight, and intellectual independence.**
- **Seeking like-minded individuals can create meaningful intellectual connections.**
- **Strategic engagement ensures that deep thinkers share their wisdom effectively.**

Deep thinkers are **not broken, nor are they doomed to loneliness**â??they are simply **wired to see and think differently**. And in a world that often resists deep thought, that difference is **an asset, not a flaw**.

Lazy, or Undervalued: The Forgotten Art of Deep Thinking | by Ms. Andrea Moore | Medium

Part 6: Historical Case Studies of Rejected Thinkers

Throughout history, **those who challenged conventional wisdom, questioned authority, or introduced radical ideas** often faced **persecution, isolation, and even death**. Their struggles reveal how societies resist deep thinkersâ??**not because they are wrong, but because they disrupt the status quo**.

This section explores six brilliant minds—**Socrates, Galileo, Nietzsche, Tesla, Turing, and Hypatia**—whose lives illustrate the price of **intellectual courage**.

1. Socrates (470–399 BC): The Philosopher Who Died for Truth

“**The unexamined life is not worth living.**”

Ø??¹ **Challenged public opinion** Ø?? Socrates encouraged Athenians to **question authority, traditions, and even their own beliefs**.

Ø??¹ **Used the Socratic method** Ø?? A technique of questioning that exposed ignorance and forced deeper thinking.

Ø??¹ **Condemned as a social threat** Ø?? The Athenian elite saw his methods as **dangerous to public order**.

His Fate:

Ø?? Accused of Ø??corrupting the youthØ?? and disrespecting the gods.

Ø?? Offered a chance to escape but **chose to drink hemlock instead, staying true to his beliefs**.

Ø??¹ **Lesson:** Society often **fears those who encourage critical thinking**, seeing them as disruptive rather than enlightening.

2. Galileo Galilei (1564–1642): The Scientist Who Defied the Church

“**E pur si muove**” (And yet it moves).

Ø??¹ **Proved that Earth revolves around the Sun** Ø?? His astronomical observations **challenged the geocentric model** upheld by religious authorities.

Ø??¹ **Faced religious persecution** Ø?? The Catholic Church condemned his ideas as **heresy**.

Ø??¹ **Put on trial for his discoveries** Ø?? Ordered to **recant his claims** or face severe punishment.

His Fate:

Ø?? **Forced to renounce heliocentrism** under threat of torture.

Ø?? Spent his final years **under house arrest**, despite being scientifically correct.

Ø??¹ **Lesson:** Revolutionary truths are often **rejected before they are accepted** Ø?? especially when they contradict powerful institutions.

3. Friedrich Nietzsche (1844–1900): The Thinker Who Was Too Radical for His Time

â??That which does not kill us makes us stronger.â?¶

ð??¹ **Challenged traditional morality** â?? Criticized religious dogma, herd mentality, and conventional ethics.

ð??¹ **Concept of the Übermensch** â?? Proposed that individuals should **transcend societal norms and create their own values**.

ð??¹ **Misunderstood and rejected** â?? His ideas were seen as **dangerous and nihilistic**.

His Fate:

â?? Lived in **poverty and obscurity**, dismissed as a madman.

â?? After his death, his ideas were misinterpreted and **wrongly associated with fascism**.

â?? Only later was he recognized as **one of the most influential philosophers of modern thought**.

ð??¹ **Lesson:** Intellectual pioneers are often **unrecognized in their lifetime**, only for their ideas to be embraced decadesâ??or centuriesâ??later.

4. Nikola Tesla (1856–1943): The Inventor Who Was Too Ahead of His Time

â??The present is theirs; the future, for which I really worked, is mine.â?¶

ð??¹ **Developed wireless energy transmission** â?? Proposed a global system of **free energy**, which threatened powerful business interests.

ð??¹ **Had his inventions sabotaged** â?? His rival, Thomas Edison, **smeared his work**, while J.P. Morgan cut funding for his **wireless power project**.

ð??¹ **Died in obscurity** â?? Despite revolutionizing electricity, radio waves, and wireless communication, he died **penniless and forgotten**.

His Fate:

â?? Lived his later years in **financial ruin, abandoned by the very industry he helped build**.

â?? Only decades later did he gain recognition as **a true visionary in science and technology**.

ð??¹ **Lesson:** Deep thinkers who **challenge corporate and economic interests** are often **silenced, rather than celebrated.**

5. Alan Turing (1912â??1954): The Genius Who Was Betrayed by His Own Society

â??**Sometimes it is the people no one can imagine anything of who do the things no one can imagine.**â?¶

ð??¹ **Cracked the Nazi Enigma Code** â?? His work **shortened World War II**, saving millions of lives.

ð??¹ **Invented early computing concepts** â?? His theories laid the foundation for **modern artificial intelligence.**

ð??¹ **Persecuted for his personal life** â?? Instead of being honored, he was **prosecuted for his homosexuality.**

His Fate:

â?? Convicted and sentenced to **chemical castration.**

â?? Died under suspicious circumstances, officially ruled a **suicide.**

â?? Only decades later did the British government **apologize and posthumously pardon him.**

ð??¹ **Lesson:** Even those who make **groundbreaking contributions to society** can be **cast aside due to social prejudices.**

6. Hypatia of Alexandria (c. 350â??415 AD): The Woman Who Died for Knowledge

â??**Reserve your right to think, for even to think wrongly is better than not to think at all.**â?¶

ð??¹ **One of the first female scientists** â?? A mathematician, astronomer, and philosopher in a male-dominated world.

ð??¹ **Defied religious and political authorities** â?? Advocated for **science and reason over blind faith.**

ð??¹ **Seen as a threat to power** â?? Her intellectual independence angered both **Christian and Roman authorities.**

Her Fate:

â?? Accused of **heresy and sorcery**.

â?? Brutally murdered by a **mob of religious extremists**.

â?? Her death symbolized **the suppression of intellectual progress by dogma**.

ð??¹ **Lesson: Intellectual women in history faced even greater opposition**, as both **their ideas and their very existence challenged societal norms**.

Final Thoughts: The Price of Deep Thinking

These historical figures **pushed the boundaries of knowledge, truth, and progress**, yet they paid a **terrible price**.

- **Socrates** was executed for questioning authority.
- **Galileo** was silenced for revealing scientific truth.
- **Nietzsche** was dismissed for exposing uncomfortable realities.
- **Tesla** was ruined for challenging powerful industries.
- **Turing** was betrayed despite his groundbreaking contributions.
- **Hypatia** was murdered for her intellect and defiance.

ð??; **Yet, their ideas outlived them.**

ð??; **Their influence shaped the world we live in today.**

ð??; **And their struggles prove that deep thinking is both a burden and a gift.**



Part 7: Navigating Society as a Deep Thinker

Deep thinkers often find themselves at odds with mainstream society. Their pursuit of **truth, logic, and intellectual depth** frequently clashes with a world that prioritizes **comfort, tradition, and collective cohesion**. But instead of resigning to isolation, deep thinkers can develop strategies to **engage with society more effectively, communicate ideas without alienation, and find fulfillment in their intellectual pursuits**.

This section explores how deep thinkers can **navigate resistance, engage meaningfully in social settings, and bridge the gap between intelligence and communication**.

Understanding the Root of Resistance

1. Fear of Change

ð??¹ Society values stability and tradition because **change brings uncertainty**.

ð??¹ Deep thinkers challenge the status quo, **forcing people to reconsider their beliefs**.

ð??¹ This discomfort often leads to **defensive reactions, rejection, or even hostility**.

2. Group Identity Over Truth

ð??¹ Humans evolved to **prioritize tribal cohesion over individual reasoning**.

ð??¹ Beliefs are tied to identityâ??**challenging an idea can feel like an attack on a personâ??s core self**.

ð??¹ As a result, people instinctively resist **new perspectives that threaten group norms**.

3. The Demand for Simplicity

ð??¹ Society prefers **clear, easy-to-digest messages over complex truths**.

ð??¹ This leads to **a preference for charismatic influencers over deep thinkers**.

ð??¹ Intellectual depth can be seen as â??overcomplicatingâ? things, leading to resistance.

ð??¹ **Key Insight:** Resistance to deep thinkers is **not always about intelligenceâ??itâ??s about comfort, identity, and survival instincts**.

Practical Strategies for Intellectuals in Social Settings

1. Choose the Right Audience for Deep Conversations

ð??¹ Not everyone is ready or willing to engage in deep discussions.

ð??¹ Identifying **like-minded individuals or intellectual circles** helps avoid unnecessary frustration.

ð??¹ Instead of **forcing ideas on others**, seek those who appreciate depth.

2. Use Strategic Silence

ð??¹ Not every moment requires deep analysisâ??**know when to listen instead of lecture**.

ð??¹ Observe social dynamics before engaging in intellectual discussions.

ð??¹ Choose your battles wiselyâ??**some ideas are best left for receptive minds**.

3. Find Alternative Ways to Share Ideas

ð??¹ Intellectuals can be more effective by **expressing ideas creatively**:

â?? Writing articles, blogs, or books.

â?? Creating educational videos or podcasts.

â?? Engaging in structured debates rather than casual discussions.

ð??¹ **Key Insight:** The most impactful intellectuals are not just those who **think deeply**â??they are those who **know how to share their ideas effectively**.

Bridging the Gap Between Intelligence and Communication

1. Simplify Without Diluting

ð??¹ Complexity doesnâ??t always mean clarityâ??**break down big ideas into digestible pieces**.

ð??¹ Use **analogies, examples, and relatable comparisons** to make abstract concepts understandable.

ð??¹ Avoid overwhelming others with **technical jargon or excessive detail**.

2. Use Storytelling to Make Ideas More Engaging

ð??¹ People connect with **stories, emotions, and experiences** more than raw logic.

ð??¹ Instead of stating facts, tell stories that illustrate your points.

ð??¹ Personal experiences can make even the most complex ideas feel **relatable and**

human.

3. Adapt to Different Communication Styles

ð??¹ Different people **process information in different ways**:

â?? Some prefer **visual explanations** (diagrams, infographics).

â?? Others learn through **conversations or real-world applications**.

â?? Matching your delivery to your audience increases **engagement and understanding**.

ð??¹ **Key Insight:** Intelligence **alone** is not enoughâ??**communication skills determine how well ideas are received**.

Final Thoughts: The Art of Navigating Society as a Deep Thinker

ð??¹ Resistance to intellectual depth is **rooted in fear, identity, and social dynamicsâ??not in ignorance alone**.

ð??¹ Deep thinkers can **choose their battles wisely**, focusing on **receptive audiences and strategic expression**.

ð??¹ Effective thinkers **simplify, storytell, and adapt**â??making their ideas more accessible without compromising depth.

Instead of withdrawing into isolation, deep thinkers can **turn their intelligence into influence**â??not by conforming, but by mastering the **art of connection**.



Conclusion: The Unyielding Role of Deep Thinkers in Society

Throughout history, **deep thinkers have been the catalysts for progress, change, and enlightenment.** Despite the resistance they face, their intellectual contributions shape the very fabric of civilization. From **Socrates to Turing**, the world has repeatedly pushed back against those who think beyond conventional limitsâ??only to later recognize their brilliance.

Deep Thinkers Are Essential to Human Progress

â?? **Intellectual pioneers challenge outdated beliefs and expand human knowledge.**

â?? Their work in philosophy, science, and technology **reshapes the world** despite initial opposition.

â?? Every major leap in human historyâ??from democracy to scientific revolutionsâ??was **born from a mind unafraid to question the norm.**

Without deep thinkers, progress would stall, and society would remain stagnant.

Encouragement for Deep Thinkers

Isolation is not a weakness; it is a sign of intellectual courage.

Feeling out of place in a world that values simplicity is not a personal failure; it is a reflection of how rare deep thought has become.

Seek out those who appreciate depth, and never stop questioning, learning, and pushing boundaries.

Your ideas matter. Your insights shape the future. Keep thinking deeply.

Call to Action: Supporting Intellectual Growth

To ensure that deep thinkers thrive, society must:

Encourage Open Discourse. Foster environments where challenging ideas can be explored without fear.

Create Spaces for Intellectual Exchange. Support forums, groups, and platforms where deep thinkers can connect.

Champion Critical Thinking. Promote education systems that reward curiosity over rote learning.

We need a world where intellectual depth is celebrated, not silenced.

Support the MEDA Foundation

At MEDA Foundation, we believe in fostering environments where deep thinkers, visionaries, and problem solvers can thrive.

Your support helps create spaces for meaningful discussions, innovation, and empowerment.

Join us in building a future where intellectual curiosity is encouraged, not isolated.

Donate, participate, and be part of a movement that values deep thought.

The world needs more thinkers, not fewer. Let's build a future where intelligence, depth, and innovation are embraced.

Additional Resources & Book Recommendations

- *The Republic* by Plato ?? Examining societal resistance to philosophy.
- *Thus Spoke Zarathustra* by Friedrich Nietzsche ?? Exploring intellectual isolation.
- *The Denial of Death* by Ernest Becker ?? Understanding human resistance to uncomfortable truths.
- *The Wisdom of Life* by Arthur Schopenhauer ?? Discussing intelligence and happiness.
- *Thinking, Fast and Slow* by Daniel Kahneman ?? Cognitive biases in decision-making.

CATEGORY

1. Ancient Wisdom
2. CxO 101
3. Self Development
4. Self Help 101
5. Self Learning
6. Skills Development and Vocational Training

POST TAG

1. #BreakingTheStatusQuo
2. #ChallengingNorms
3. #CognitiveBias
4. #CriticalThinking
5. #DeepThinkers
6. #DeepThoughts
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8. #FutureOfThinking
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10. #HumanProgress
11. #IndependentThinkers
12. #InnovatorsAndMisfits
13. #IntellectualDepth
14. #IntellectualGrowth
15. #IntellectualIsolation
16. #KnowledgeSeekers
17. #LonelinessOfGenius
18. #MEDA
19. #MedaFoundation
20. #MindsetMatters

- 21. #NeuroscienceOfFear
- 22. #PhilosophyOfThinking
- 23. #PsychologyOfIntelligence
- 24. #SchopenhauerWisdom
- 25. #SocialRejection
- 26. #SocietyAndConformity
- 27. #SocietyAndIntelligence
- 28. #SupportDeepThinking
- 29. #ThinkingBeyond
- 30. #TruthSeekers
- 31. #WisdomAndLoneliness

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