

Contents

<i>Preface</i>	ix
<i>Acknowledgments</i>	xii

PART I	
Introduction and Overview	I
1 Living without Television	3
2 Sample and Method	15
3 How Nonviewers Gave Up Television	23
4 Attitudes Toward Living Without Television	40
5 What is Television?	61
PART II	
Television as Content	83
6 Keeping Out Televised Sex and Violence	85
7 Minimizing Consumerism	98
8 Politics and Civic Engagement	105

PART III	
Television as Medium	121
9 Autonomous Children	123
10 Time Use	138
11 Encouraging Creativity	158
12 Engaging in Real Life	167
 PART IV	
Television as Industry	179
13 Choosing to be Different	181
14 Battling the Industry	195
15 Conclusion	206
 <i>References</i>	219
<i>Index</i>	226