

because it is argued that you cannot discriminate against other people based on what they cannot change. Biology is not your destiny. So now people discriminate against something that they *can* force to change, which is culture.

People claim that they are not racists anymore but they morphed into something called culturists (p. 150). These new breed of culturists are the result of high level of human mobility and migration. When two groups of people with different cultural backgrounds collide, of course the collision will create a mixture of culture. However the process is far from innocent. People fight to hang on to their culture, which they claim to be the core of their identity. Who should change? I was here first, *you* go change. No, *you* change. And the fight continues. Ironically, Harari points out, that the thing which makes people want to learn other culture, is not migration but war. He says that war, "... makes people far more interested in one another" (p. 100). The US learned so much about Russian culture during the Cold War (p.100). Similarly, I think people overseas want to learn about Indonesia, because some of them silently agree that in the case of Indonesia going through another episode like the Bali Bombing, they could at least anticipate it. So they learn about Indonesia because it poses a threat, and here we have Indonesian people bragging that they want to learn because of the high culture of Indonesia. In a way this makes the Indonesians culturists.

So in the midst of this confusion, what should we do? Biologically humans live longer now, but how do we emotionally survive? There are two things that I learn from Harari's book: one, education is important; two, be mindful of your mind. Education, according to Harari, is not about providing information. The internet does it better. Education is about choosing bits of information and making decisions based on a well-informed mind (p. 261). Education institutions should also be at the forefront in teaching and demonstrating that changes happen all the time. Harari argues that, "Change is the only constant" (p. 259).

The last thing is making peace with our mind. Our mind has been neglected for a long time since AI has done a lot of thinking for us. Harari suggests meditation. However, since I am not keen on meditation I beg to conclude his book with a different interpretation of meditation. In order to be mindful of our mind, from Harari's book I conclude that we should take ample time to intellectually contemplate and "observe reality as it is" (p. 313). Do not let

"stories" cloud our minds. I think that is how Harari wrote this eye-opening and enlightening book. His book is what I usually call a "thinking book" for lack of better word. Other research might present a fresh set of data as part of its novelty. Harari's book on the other hand, does not present or produce a new set of data. He provides examples of social phenomena and historical events that we know already. The difference is that he invites us to give them a fresh outlook and new point of view.