

1 take the reversal test

2 overcome the antropocentrism bias

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3 overcome the expectation bias

22

4 alternative narrative (1)

26

5 alternative narrative (2)

30

6 alternative narrative (3)

34

7 alternative narrative (4)

38

8 develop empathy for the younger

46

9 develop empathy for the older

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10 develop empathy for the elderly

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11 consider a mango

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12 consider bottled water

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13 change the world of food

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14 change society

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15 change the natural world

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