By way of Network World's Paul McNamara comes this chestnut of a blog post in response to a Rueters story Twelve-steps to curing e-mail addiction. I'm rather skeptical of technology addictions in general, but in this case the cure is arguably worse than the symptoms. Check out these steps, like #2: "Commit to keeping your inbox empty." Virtually every step in this twelve step program involves doing something with your email. This is akin to asking an alcoholic to work in a liquor store. McNamara's response? "What am I missing? I'm already committed to keeping my inbox empty. I'm so committed to keeping my inbox empty that I'm checking my e-mail more often than hibernating animals breathe. I don't need more commitment. I need to be committed."