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Abstract: There is no doubt that not only in modern society, but also in the life of every single person, information and the ability to use it (primarily its acquisition, processing, storage and forwarding) are key issues. These issues have become so important that this infrastructure and the network that exists thanks to it that allows us to operate with information emerged as an integral part of man's natural environment in the XXI century. One of the serious threats that exists in the above-described human-environment system is the overwhelming of the first element by the other. My proposal for helping man to maintain an appropriate relationship with the "info-component" of his environment is infoascetics. Very generally speaking, it is to be a concept regarding the proper distance towards this "info-reality".