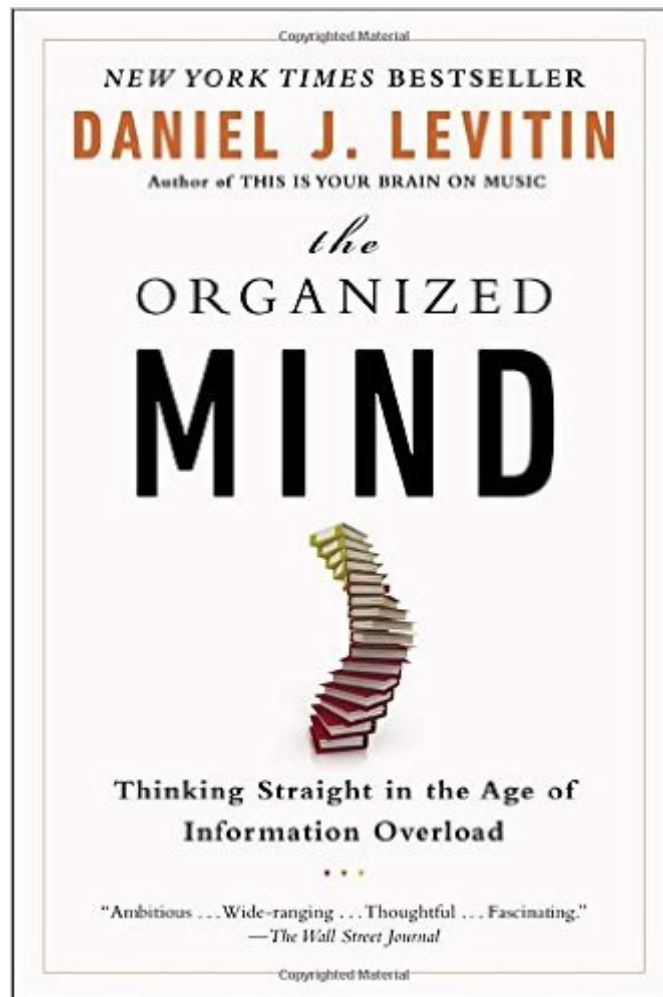


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The Organized Mind: Thinking Straight In The Age Of Information Overload



Synopsis

“Smart, important, and, as always, exquisitely written.” Daniel Gilbert, author of *Stumbling on Happiness* Readers of Daniel J. Levitin’s two previous New York Times bestsellers have come to know and trust his unique ability to translate cutting edge neuroscience into an informative and entertaining narrative. Now Levitin turns his attention to an issue that affects everyone in the digital age: organization. It’s the reason that some people are more adept than others at managing today’s hyper flow of data. *The Organized Mind* explains the science behind their success and “with chapters targeted specifically to business readers” shows how all of us can make small but crucial changes to regain mastery over our lives.

Book Information

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Customer Reviews

Daniel Levitin’s *ORGANIZED MIND* seeks to take the figurative junk drawer of our mind, explain how the mind works, and help us live more thought-out and productive lives. His knowledge comes from his own years of teaching and research and has been influenced by mind pioneers such as Daniel Kahneman, Amos Tversky, and Mihaly Csikszentmihalyi. The end product is an awesome journey into the realms of our minds that enlighten and inspires action. This book is huge. At times Levitin may appear longwinded in his narrative “but that’s okay. Trust me. As he unravels the various layers of mental organization, he sidebars into various studies and interesting factoids. At first, you may think Levitin is being ironically unorganized, but later chapters tie it back together. Other times, Levitin may tuck in a brief statement that will cause you tunneling into Google for more information (though many notes for further study are linked at the rear of the book). Levitin differs

himself from Kahneman's THINKING, FAST AND SLOW by saying there are four components in the human attentional system: mind wandering mode; central executive mode; attentional filter; and, attentional switch. What mostly comes into play are the first two components. I have some issue for the terminology "mind wandering mode"; I would have liked Levitin to expound more on mindfulness and what component it falls into. THE ORGANIZED MIND offers more explanation than step-by-step or bulleted technique. I appreciated this approach, feeling it strengthened the technique through knowledge of why it works. Levitin uses the ideas of offloading brain information through index cards, calendaring, contact sheets "much like our mind uses random access memory versus chronological memory.

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