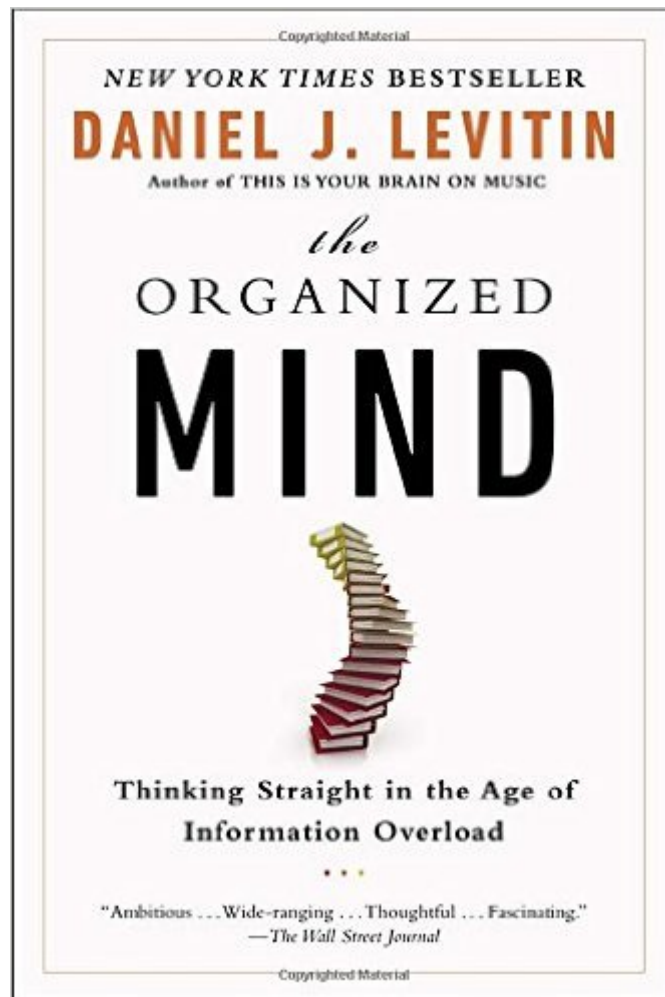


The book was found

# 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

Paperback: 560 pages

Publisher: Dutton; Reprint edition (September 1, 2015)

Language: English

ISBN-10: 0147516315

ISBN-13: 978-0147516312

Product Dimensions: 5.3 x 1.2 x 8 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars — See all reviews (245 customer reviews)

Best Sellers Rank: #6,904 in Books (See Top 100 in Books) #29 in Books > Business & Money > Skills > Time Management #37 in Books > Medical Books > Psychology > Cognitive #39 in Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology

## 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.

[Download to continue reading...](#)

The Organized Mind: Thinking Straight in the Age of Information Overload  
The New Generation  
Breast Cancer Book: How to Navigate Your Diagnosis and Treatment Options-and Remain  
Optimistic-in an Age of Information Overload  
Take Back Your Life!: Using Microsoft Office Outlook  
2007 to Get Organized and Stay Organized  
One Year to an Organized Life: From Your Closets to  
Your Finances, the Week-by-Week Guide to Getting Completely Organized for Good  
Organize Your  
Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at  
Work. (How to plan your life, Get Organized Book 1)  
The Poetics of Information Overload: From  
Gertrude Stein to Conceptual Writing  
Pre-Geometry (Straight Forward Math Series, Book 2)  
(Advanced Straight Forward Math Series)  
A Field Guide to Lies: Critical Thinking in the Information  
Age  
One Year to an Organized Financial Life: From Your Bills to Your Bank Account, Your Home to  
Your Retirement, the Week-by-Week Guide to Achieving Financial Peace  
of Mind  
Management  
Information Systems for the Information Age  
Super Smart Information Strategies: Go Straight to the  
Source  
Cute Overload Wall Calendar 2016  
Cute Overload 2015 Wall Calendar  
Overload Study  
Guide: How to Unplug, Unwind, and Unleash Yourself from the Pressure of Stress  
Overload:  
Attention Deficit Disorder and the Addictive Brain  
Overload: How to Unplug, Unwind, and Unleash  
Yourself from the Pressure of Stress  
Toxic Work: How to Overcome Stress, Overload and Burnout  
and Revitalize Your Career  
Toxic Work: How to Overcome Stress, Overload, and Burnout and  
Revitalize Your Career  
The Straight Mind: And Other Essays  
Breakthrough Thinking: A Guide to  
Creative Thinking and Idea Generation

[Dmca](#)