

# The Organized Mind: Thinking Straight in the Age of Information Overload // Penguin, 2014 // 528 pages // 2014 // 9780698157224 // Daniel J. Levitin

The Organized Mind investigates this phenomenon and the effect it has on us, analysing how and why our brains are struggling to keep up with the demands of the digital age. The twenty-first century sees us drowning under emails, forever juggling six tasks at once and trying to make complex decisions ever more quickly. Using a combination of academic research and examples from daily life, neuroscientist and bestselling author Daniel Levitin explains how to take back control of your life. Author and neuroscientist Daniel Levitin tackles the problems of twenty-first century information overload in his New York Times bestselling book The Organized Mind. "The Organized Mind is smart, important, and as always, exquisitely written". "A brilliant and engaging book about the science of thinking. The Organized Mind provides the tools that we all need to understand and manage the deluge of information that assaults us every day." Jerome Groopman, MD and Pamela Hartzband, MD, Harvard Medical School, authors of Your Medical Mind. "A profound piece of work. Levitin documents the mismatch between our narrow bandwidth hunter-gatherer minds and the multitasking chaos of today's world." "This book is far more than tips on how to think clearly and manage information overload. It is also a tour through some of the most exciting aspects of contemporary neuroscience and cognitive science, with a specific emphasis on implications for everyday life. The Organized Mind: Think has been added to your Cart. Add to Cart. Buy Now. Buy Used. CDN\$ 17.69. FREE Shipping on orders over CDN\$ 35. Used: Very Good | Details. The Organized Mind was packed with valuable and interesting information. I chanced upon it and could not believe how engrossing a book with that pedestrian title was! Read more. Helpful. Comment Report abuse. Mi. 4.0 out of 5 stars Four Stars. PDF | Information overload occurs when one is trying to process too much information. It is being bombarded with too much information at the same time. | Find, read and cite all the research you need on ResearchGate. D. J. Levitin, The Organized Mind: Thinking Straight in the Age of Information Overload. New York, NY: Penguin Group, 2014. Advertisement. The information age is drowning us with an unprecedented deluge of data. At the same time, we're expected to make more and faster decisions about our lives than ever before. No wonder, then, that the average American reports frequently losing car keys or reading glasses, missing appointments, and feeling worn out by the effort required just to keep up. But somehow some people become quite accomplished at managing information flow. The Organized Mind shows how to navigate the churning flood of information in the twenty-first century with the same neuroscientific perspective.