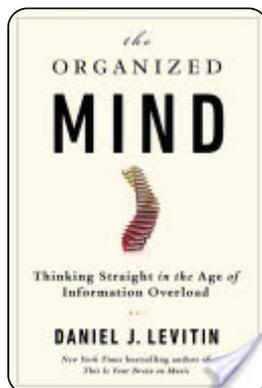


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THE ORGANIZED MIND

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Author by : Daniel J Levitin

Language Used : en

Release Date : 2014-08-19

Publisher by : Penguin Canada

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Music showed us how to better play and appreciate music through an understanding of how the brain works. The Organized Mind shows us how to navigate the churning flow of information in our daily lives with the same neuroscientific perspective.

[Http://www.daniellevitin.com/theorganizedmind/theBook.html](http://www.daniellevitin.com/theorganizedmind/theBook.html)

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Daniel Levitan's book: The Organized Mind: Thinking Straight in the Age of Information Overload (Dutton/Penguin 2014) describes in Chapters 2 & 3 how the mental processes for encoding, organizing and retrieving accepted information can increase or decrease your cognitive load for information processing.

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Information overload Research Group (IORG), dedicated to promoting solutions to email overload and interruptions.

[**Short Biography — Dr. Daniel J. Levitin**](#)

Dr. Daniel Levitin earned his B.A. in Cognitive Psychology and Cognitive Science at Stanford University, and went on to earn his Ph.D. in Psychology from the University of Oregon, researching complex auditory patterns and pattern processing in expert and non-expert

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About Jan Eppingstall Jan is a New Zealander living in Melbourne, Australia and is currently completing her psychology Ph.D. while wrangling 2 sons, a husband, and 3 cats.

[Daniel Levitin - Wikipedia](#)

Daniel Joseph Levitin, FRSC (born December 27, 1957) is an American-Canadian cognitive psychologist, neuroscientist, writer, musician, and record producer. Levitin holds three academic appointments: he is James McGill Professor Emeritus of psychology and behavioral neuroscience at McGill University in Montreal, Quebec, Canada, where he is an ...

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