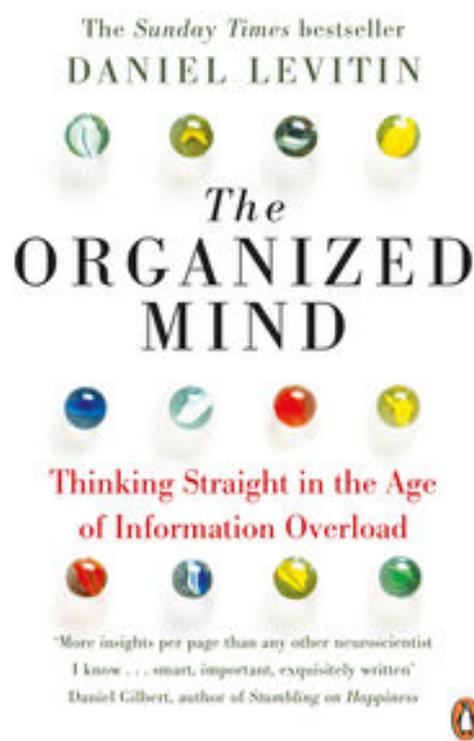


Descargar Libro En Línea PDF Epub Mobi Español The Organized Mind - Daniel Levitin



Descargar libro en línea PDF epub mobi Español The Organized Mind Daniel Levitin , 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' - Daniel Gilbert, Harvard University, author of *Stumbling on Happiness*

Overwhelmed by demands on your time? Baffled by the sheer volume of data?

You're not alone: modern society is in a state of information overload. *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.

This book will take you through every aspect of modern life, from healthcare to online dating to raising kids, showing that the secret to success is always organization. Levitin's research is surprising, powerful and will change the way you see the world. It's time to learn why there's no such thing as multitasking, why email is so addictive and why all successful people need a junk drawer.

In a world where information is power, *The Organized Mind* holds the key to harnessing that information and making it work for you.

Dr. Daniel J. Levitin has a PhD in Psychology, training at Stanford University Medical School and UC Berkeley. He is the author of the No. 1 bestseller *This Is Your Brain On Music* (Dutton, 2006), published in nineteen languages, and *The World in Six Songs* (Dutton, 2008) which hit the bestseller lists in its first week of release. Currently he is a James McGill Professor of Psychology, Behavioral Neuroscience and Music at McGill University in Montreal, Canada.

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