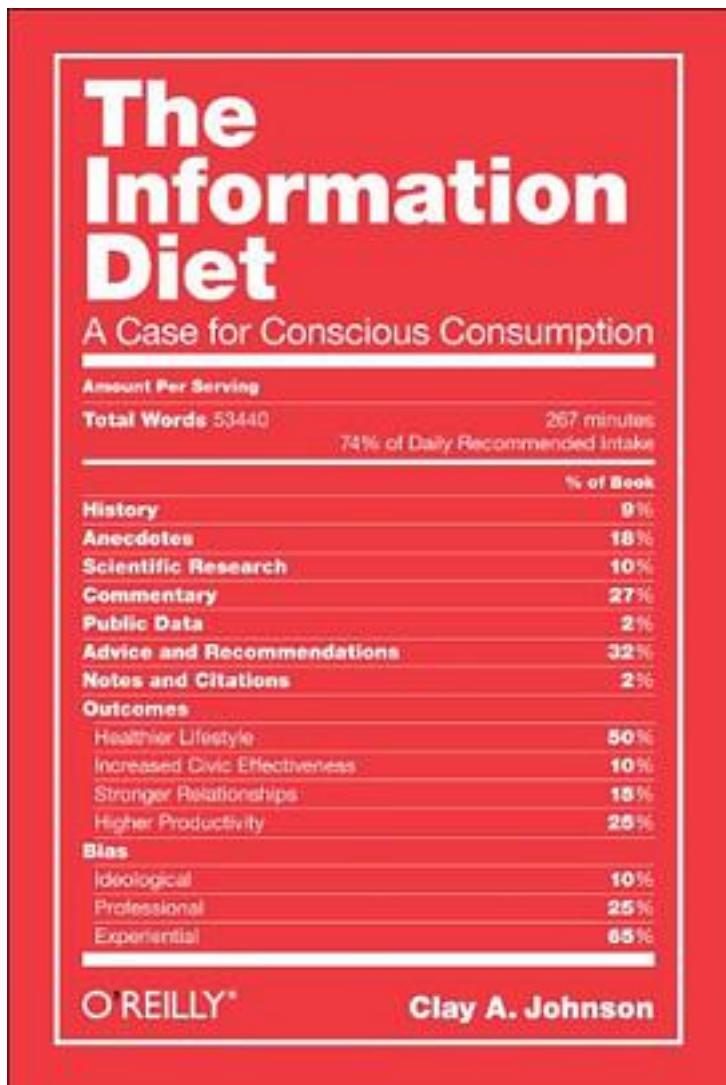


# The Information Diet



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著者:Clay A. Johnson

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According to Google's Chairman Eric Schmidt, we create more information every two days than we did throughout human history up to 2003. How can you cope with information overload? This insightful book makes a compelling case that information overload doesn't actually exist—the real problem is information overconsumption.

Just as junk food can lead to obesity, junk information can lead to a new form of ignorance. The Information Diet provides a framework for consuming information in a healthy way, by showing you what to look for, what to avoid, and how to be selective. In the process, author Clay Johnson explains the role information has played throughout history, and why following his prescribed diet is essential in today's information age.

With this book, you'll learn:

The relationship between power, authority, and information since the dawn of the first major information-technology boom

How people react to information consumption, according to cognitive science and neuroscience findings

How the new, information-abundant society is suffering consequences

What constitutes a healthy information diet and how you can get started

作者介绍:

Clay A. Johnson

Clay Johnson is best known as the founder of Blue State Digital, the firm that built and managed Barack Obama's online campaign for the presidency in 2008. After leaving Blue State, Johnson was the director of Sunlight Labs at the Sunlight Foundation, where he built an army of 2000 developers and designers to build open source tools to give people greater access to government data. He was awarded the Google/O'Reilly Open Source Organizer of the year in 2009, was one of Federal Computing Week's Fed 100 in 2010.

Media Appearances include: CNN TV -- Expert on Open Government Data NPR Weekend All Things Considered NPR All Things Considered Regular on the Leslie Marshall Radio Show (nationally syndicated) Kojo Naamdi Show (WAMU, Nationally Syndicated) Appeared in Fast Company, Wired, The Economist, the New York Times, USA Today and other major newspapers

Johnson's combination of experience as a developer, working in politics, entrepreneurship, and non-profit work gives him a unique perspective on media and culture. His life is dedicated to giving people greater access to the truth about what's going on in their communities, their cities and their governments.

目录:

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## 标签

信息

思维

时间管理

文化

认知

英文版

科学

认知科学

## 评论

可以了解一下当今社会的新闻产业是怎样农场化的。对食物的需求毕竟是线性的，而且总有个极限，但是当人们能填饱肚子后，对于（垃圾）信息的需求就开始呈几何级数增长了。不过作者实在太墨迹了，我发现这算是美国写大众社科书籍的人的通病？

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NOT information overload, it's overconsumption! Go diet...

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比较有同感，提供了很多好的资源，慢慢积累慢慢看。觉得第七章写的方法很适用于拖延症患者。

一本很难归类的小册子 我的信息摄入结构在作者看来很不合理  
但真心最喜欢看把知识揉碎的图解类图书 另外 关于减肥的part 躺伤

自我管理

日课031 | 杀时间内容的工业化大生产

Boring. produce information & pay attention to local news.

大部分都是废话

The book discusses how information creates bias in ppl's mind, especially in political space: problem with self-affirmation, how media is after profit by catering to what ppl want to see, content farmer. Author also advocate ppl to consume infomation more consciously.

感觉写的有点啰嗦

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书评

全文有点像长篇博文，不太像书。当然plenty of good points. An easy read and informative in unexpected ways.

信息追求原汁原味，多样化，不要老是去找回音壁，加强自己偏见。自己整理的action item: 1. 写下自己的偏见，经常找人讨论，看看别人怎么challenge自己的观...

You're what you eat; and you're what you read 2012-8-7

本书通过类比汲取信息的习惯与饮食习惯，说明了挑食与偏食对一个人的知识结构的危害。一、生于节制，死于丰饶食物：越好吃、越爱吃的食品通常越对身体有害； ...

有很多朋友是用电脑是主要目的为了学习，工作，包括上网也是为了吸取有用的信息。但是过量的信息，众多的社交网络，随时到来的邮件或者聊天消息分散了太多的注意力，时间不知不觉得就溜走了。

追求有用的信息和培养健康的习惯是读了这本书的最大收获。书中讲述了媒体...

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