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## Ba 1st year book 2019

You need to read more books. When I say that to people, most people say, Oh, yes, that's for sure, yes. But two seconds later, they say, I wish I had time. Well, you know what? I'm calling for shenanigans on this excuse. Because the truth is we have time. A report from the University of California shows that we are consuming more information now than ever before — more than 100,000 words a day. Think about the number of texts and alerts and notifications and emails working and personal emails and news headlines and fly-by tickers and blog feeds and twitter spits out and Instagram comments you read every day. With all this garbage reading, who has time for more books? In a previous hbr piece called 8 Ways to Read (Many) More Books This Year, I shared how for most of my adult life I read five books a year, top up. I had some slow burners on my bedside table, and read a few books on vacation so I got lucky. But three years ago, I read fifty of them. Fifty pounds! A year from now. I couldn't believe it. I could suddenly feel the books become that lead domino towards being a better husband, a better father, and a better writer. Since then, I've tried to double up on reading. I now read somewhere above 100 books a year. Of course, I sometimes hit slow patches, and nude patches, and slip into the black holes of social media. But here are eight other things I'm doing to get back on track: 1. Living in a world of books. Most people have a library over there where books live. But one day last year, my wife just threw a bunch of a dozen picture books in the middle of our coffee table. What happened? Our kids started flipping through them all the time. So now we just rotated them and left them there. It's a principle of least resistance, much like how Google leaves healthy snacks on the counter for employees, while chocolates are hidden in cookie jars. We put the television in the basement, installed a shelf near our front door, and slipped books into car seat pockets and various corners around the house. Argentinian writer Jorge Luis Borges said: I can't sleep unless I'm surrounded by books. This is how we now choose to live. (Even if you're trying to declutter, or if you don't have a lot of space to store books, you can still visit your local library to get books and return them when you're done.) 2. Go red in bed. My wife usually falls asleep before me, and that's when I attach my red reading light to my forehead. Why red? Michael Breus, of The Power of When says that the theory is that red light helps the production of melatonin. And bright lights have the opposite effect, according to the Sleep Health Foundation of Australia. Bright lights, or a bright screen, can make you more alert. Reading at bedtime should help you calm down, not go into liquidation. 3. Make your phone less addictive. Cell phones are a distraction machine. Our cell phones are designed to be smooth, sexy and irresistible. Don't you believe me? The Irresistible Book by Stern School of Business Business Professor Adam Alter will quickly make you aware of the addictive designs that go into smartphones. It's like pocket slot machines. So how do you resist the urge to reach it?

Make it less attractive. Move all apps out of the main screen so it's empty when you open it. Leave your cracked screen cracked. Move your charger to the basement so it's an extra step in your low resilience moments at night and in the morning. If you need to have your phone in the room while you're sleeping, turn on Do Not Disturb mode to automatically block calls and text messages after 19 .m. Slowly, slowly, slowly, you can prevent your phone from becoming so alluring. 4. Use the Dewey decimal system. How do you organize your books? By color? When you bought them? By big random stacks everywhere? There is a reason why each library uses the Dewey decimal system. It makes sense. Books carefully fall into increasingly thin categories around psychology and religion and science and art and ... All. What is the advantage? You make connections. You see where your big gaps are. I spent a Saturday organizing my books according to the Dewey decimal system and, in addition to scratching an incredibly deep organizational itch, I now find faster books, I feel like my reading is more useful, and I'm more engaged in what I read, because I can somehow feel how it snaps into my brain. What tools do you need to do it? Just two: I've meant [classify.oclc.org](http://classify.oclc.org) to search dewey decimal numbers for all books that don't have SDC code on the inner jacket, and I use the Decimated app to search for what that number means. Oh, and I use a pencil to write Dewey's decimal code and the category on the inside jacket of each book before putting it on the shelf. 5. Use podcasts and BookTube to solve the next book dilemma. As you start to increase your reading rate, the biggest problem soon becomes Well, what should I read next? Going beyond the stacks in airport bookstores and what's trending on bestseller lists means diving into backlists and side-shelves bookstores to intentionally get to find books that really change your life. In an age of infinite choice, the value of curation skyrockets. Podcasts and BookTubers (a subset of YouTubers focused on books) are now a dream reader curation machine. Where to start? In podcasts, What Should I Read Next? by Modern Mrs. Darcy addresses the problem from the front and Get Booked by Amanda Nelson at BookRiot offers book recommendations I also have my own show 3 Books, in which we ask guests like TED's Chris Anderson, Judy Blume, or Chip Wilson to share three books that have shaped their lives the most. And: BookTube? Yes, BookTube. There is a great overview of it here, and some boot channels to make you addicted are Ariel Bissett and polandbananasBOOKS. 6. Don't follow all the news. Of course, I've preached before about how I canceled my five magazines and two newspaper subscriptions to focus solely on books. But you know where the news followed me? Online. Online. where you have to go hardcore: Unfollow all news sites on social media, and remove all bookmarks on news sites (delete all passwords, too). Remember what political scientist Herbert Simon said: What information consumes is quite obvious: it consumes the attention of its recipients. Therefore, a wealth of information creates a poverty of attention, and the need to allocate this attention effectively among the glut of information sources that could consume it. (Want to go further here? I recommend reading Why You Should Stop Reading News on Farnam Street and Five Things You Notice When You Quit The News on Raptitude.) 7. Read about something that does nothing else. As author Seth Godin told me in an interview, People rarely read a book in eBooks because you're a click away from checking your email. If we can be interrupted, alerted or notified, we will. It's not good for diving deep into new worlds. What am I suggesting? Real books. Real pages. On real paper. Yes, I agree to kill trees if it means gaining the ability to disappear in your own mind. Only real books allow you to be the full director of the show, after all. No voice replaces your mental voice, no formatting or display screen affects the writer's artistic intentions. Of course, I understand if you need bigger fonts, or if you drive all day and prefer audiobooks, but I'm just saying that if you want to be a real book snob for the rest of your life just like me, the actual books are where it is. And, if you need to use a device, make sure the e-reader can't receive texts. 8. Talk to your local booksellers. My favorite bookseller of all time is Sarah Ramsey of Another Story Books in Toronto. I enter, I start blabbering, I start to confess, I share what I'm struggling with, and she hmms and hahs and prunes me as we wander around the store talking for half an hour. She finds: a good book after my divorce, a good book before my trip to Australia, a good book that I struggle with my children. And then I go out with an arm full of books that completely match my emotional state, where I want or need to grow, and those that resonate with me on a deeper level. If you believe that humans are the best algorithm (as I do), then walk into your local independent bookstore, sizing the Staff Picks wall to see who aligns with yours, then asking them for personal choices is a great way to find books you'll love faster. (Here's a list of independent bookstores in the U.S. if you want a place to start.) So, are you to read? Raring to go? Or are you one of those people who first needs to hear a rock-solid science to help change your behavior? If you need another couple of reasons: In 2011, the annual review of psychology said that reading triggers our mirror neurons and opens the parts of our brain responsible for the development of empathy, compassion and understanding. Reading makes you a better leader, teacher, parent and brother and sister. Another study published in Science Magazine Magazine that reading literary fiction helps us to improve our empathy and social functioning. Finally, an incredible 2013 study at Emory University found that MRI scans taken the day after examining subjects were invited to read sections of a novel showed an increase in connectivity in the left temporal cortex—the area of the brain associated with language receptivity. Imagine the long-term benefits of cracking open a book every day. Most of us want to read more books. And we absolutely can. You are what you eat, and you are what you read. Keep moving on. Page.

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