

I Read.

Therefore, I am.

Laura荐书





I Recommendation

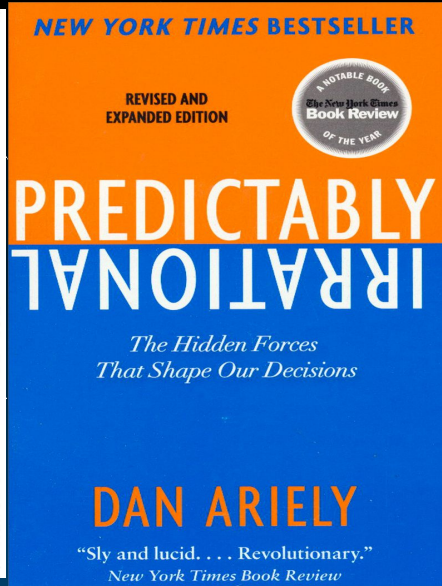
 **Predicatably Irrational**

 **The How of Happiness**

 **Watching the English**

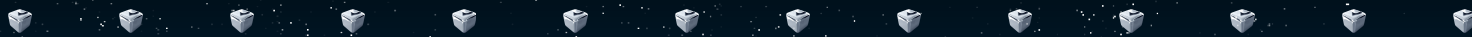
 **Quiet: the Power of Introverts**





Giving up on our
long-term goals for
immediate gratification
is **procrastination**.



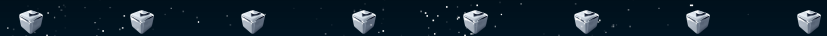
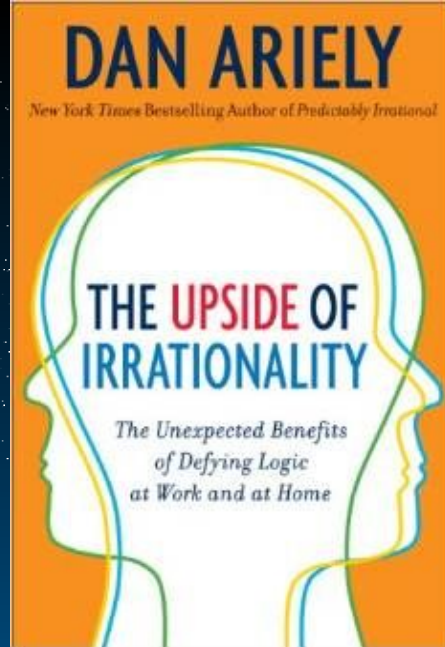
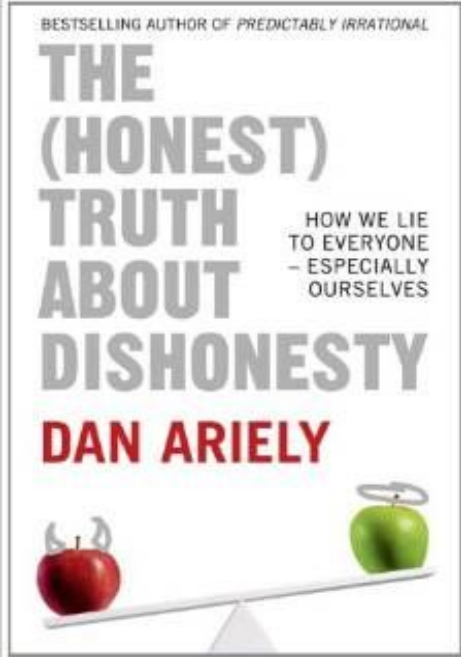


What do these results suggest? First, that students do procrastinate (big news); and second, that **tightly restricting their freedom (equally spaced deadlines, imposed from above) is the best cure for procrastination.** But the biggest revelation is that **simply offering the students a tool by which they could precommit to deadlines** helped them achieve better grades.



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It seemed that merely trying to **recall moral standards was enough to improve moral behaviour.**

Our willingness and tendency to cheat could be diminished if we are given **reminders of ethical standards.**

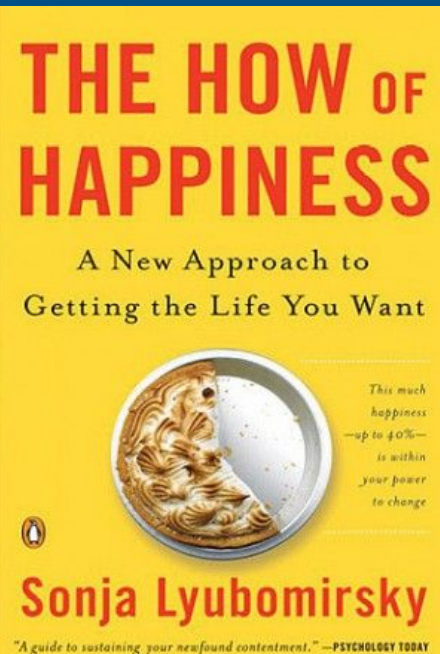


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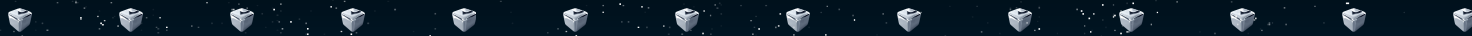




Commitment to important goals also reinforces our **sense of autonomy**



When we avidly dedicate ourselves to the pursuit of a dream, we are **taking charge of our destinies and gaining insight into ourselves.**



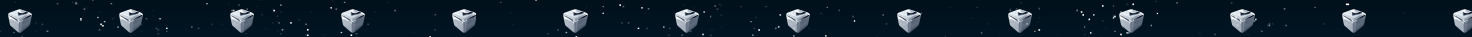
A University of Scranton study found that people who **made public New Year's resolutions were a remarkable ten times more likely to succeed** at their goal than those who had not.

Making public our commitment to a particular goal raises the likelihood that we will carry through that goal, in part because we want to appear consistent to ourselves and others and avoid embarrassment or awkwardness.



Your company





Furthermore, once you begin to succeed at a goal--for example, making one new friend (if the goal is improving your social life) --you will feel jubilant and satisfied with your progress, thus bringing about more and more success.

The result is an upward spiral, something to aim for. Consciously **rewarding yourself for achieving milestones can also increase your chances of future success and happiness.**



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Mark Zuckerberg 在讀 books

21 小時前 · 編輯紀錄 ·

My challenge for 2015 is to read a new book every other week -- with an emphasis on learning about different cultures, beliefs, histories and technologies.

Thank you to all 50,000 of you in our community who gave me suggestions for different challenges.

Many of you proposed reading challenges. Cynthia Greco suggested I read one book a month that another person chooses -- and got 1,900 likes on her suggestion. Rachel Brown, Bill Munns, Marlo Kanipe and others suggested I read the Bible. My friend and colleague Amin Zoufonoun suggested I read and learn everything I can about a new country each week.

I'm excited for my reading challenge. I've found reading books very intellectually fulfilling. Books allow you to fully explore a topic and immerse yourself in a deeper way than most media today. I'm looking forward to shifting more of my media diet towards reading books.

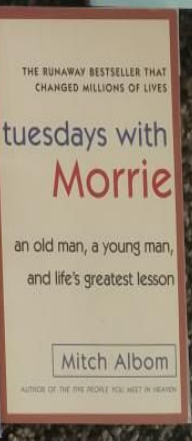
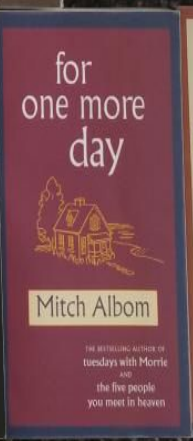
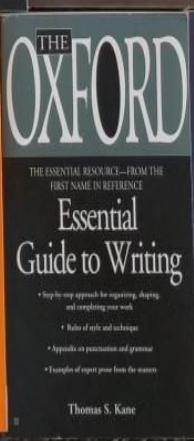
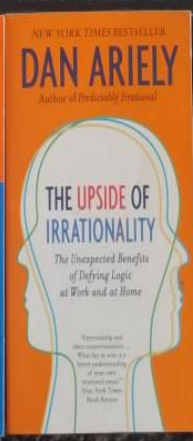
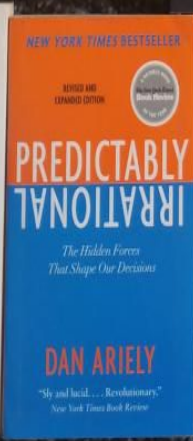
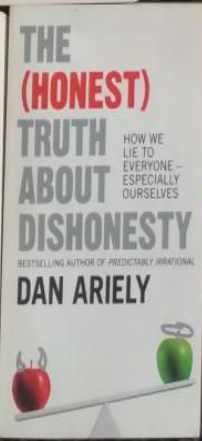
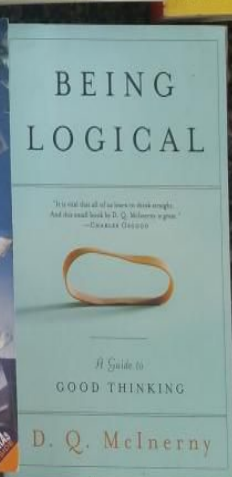
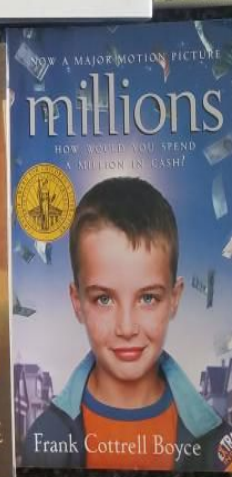
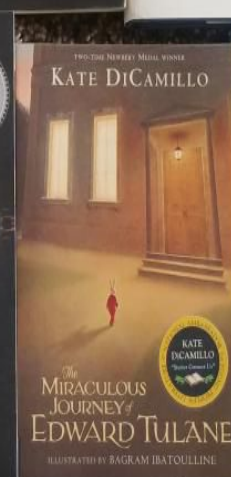
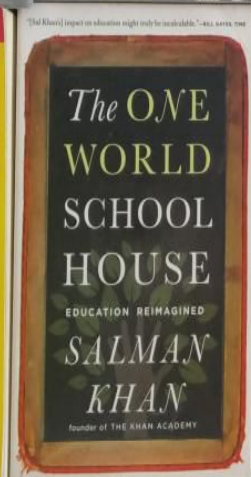
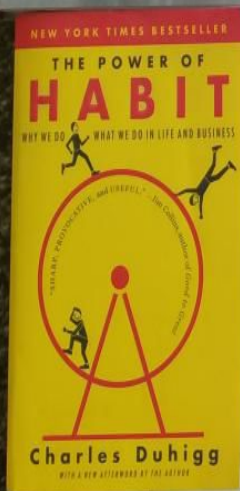
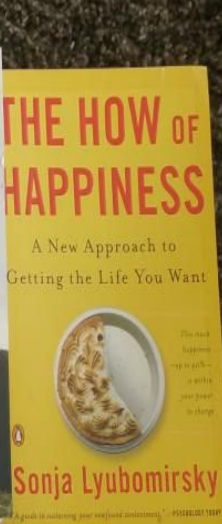
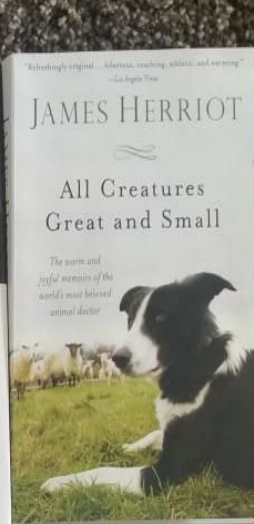
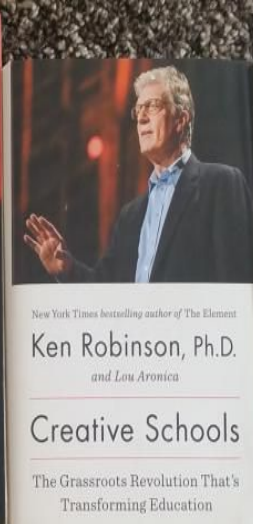
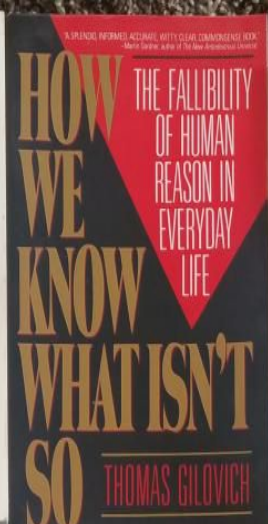
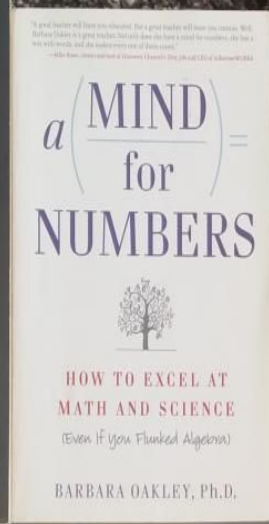
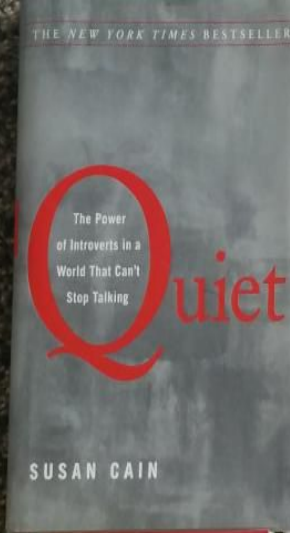
If you want to follow along on my challenge and read the same books I do, I've created a page, A Year of Books, where I'll post what I'm reading.

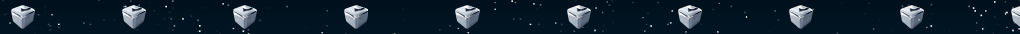
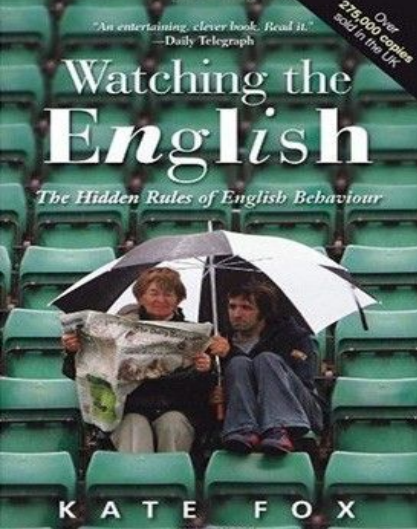
Please only participate in the discussions if you've actually read the books and have relevant points to add. The group will be moderated to ensure that



company







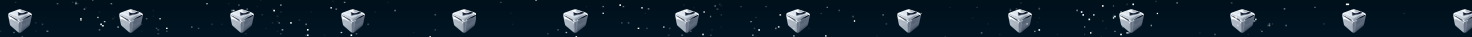
One main coping mechanism on public transport is a form of what psychologists call “**denial**”: we try to **avoid acknowledging** that we are among a scary crowd of strangers, and to maintain as much privacy as possible, by **pretending** that they do not exist--and, much of the time, pretending that we do not exist either. The denial rule requires us to **avoid talking** to strangers, or even **making eye contact** with them, or indeed acknowledging their presence in any way unless absolutely necessary. At the same time, the rule imposes an obligation to **avoid drawing attention to oneself** and to mind one's own business.





Obviously, the problem with actually speaking to a fellow commuter was that **if you did it once, you might be expected to do it again--and again, and again:** having acknowledged the person's existence, you could not go back to pretending that they did not exist, and you could **end up having to exchange polite words with them EVERY DAY.** You would almost certainly have nothing in common, so there conversations would be highly awkward and embarrassing. Or else you would have to **find ways of avoiding the person**--standing at the other end of the platform, or hiding behind the coffee kiosk, and deliberately choosing a different compartment on the train, which would be rude and equally embarrassing. The whole thing would become a nightmare; it didn't bear thinking about.



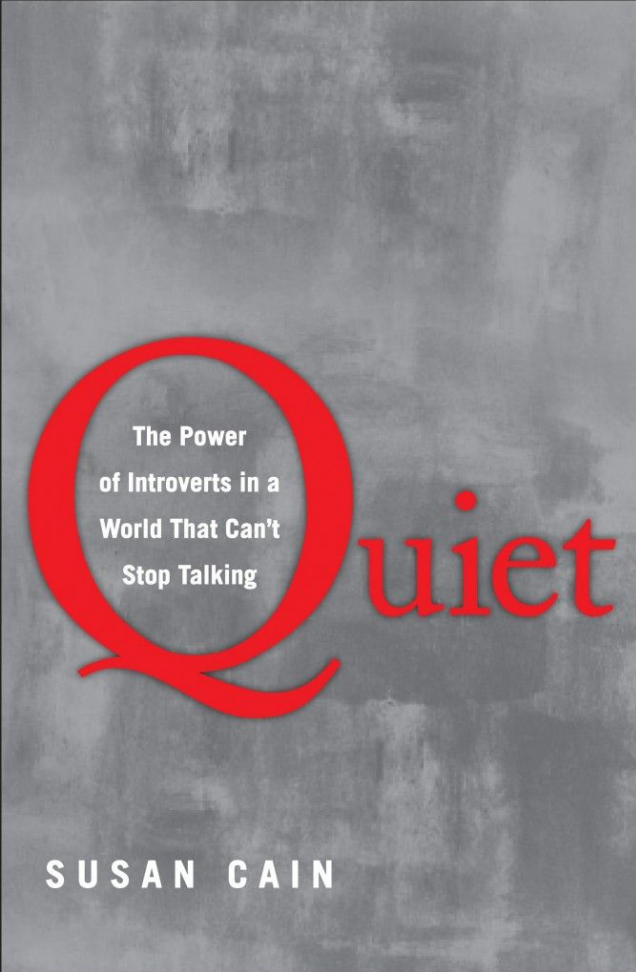


The English often refer to this ritual not as “saying goodbye”, but as “**saying our goodbyes**”, as in “I can’t come to the station, so we’ll say our goodbyes here.” I discussed this with an American visitor, who said, “you know, the first time I heard that expression, I didn’t really register the plural--or I guess I thought it meant you said one each or something. Now I know it means **a LOT of goodbyes.**”



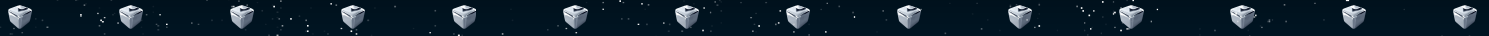
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Inversion—along with its cousins **sensitivity, seriousness, and shyness**—is now a second-class personality trait

Extroversion is an enormously appealing personality style, but we've turned it into an oppressive standard to which most of us feel we must conform.

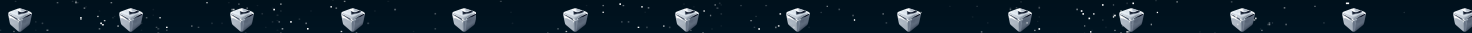


Introverts are drawn to the **inner world of thought and feeling**, extroverts to the external life of people and activities.

Introverts focus on the **meaning** they make of the events swirling around them; extroverts plunge into the **events** themselves.

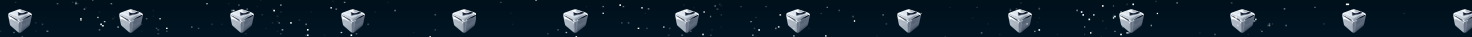
Introverts recharge their batteries **by being alone**; extroverts need to recharge when they don't **socialize** enough.





But there's a less obvious yet surprisingly powerful explanation for introverts' creative advantage—an explanation that everyone can learn from: introverts prefer to **work independently**, and **solitude** can be a catalyst to innovation.





What's so magical about **solitude**? In many fields, Ericsson told me, it's only when you're alone that you can engage in **Deliberate Practice**, which he has identified as the **key to exceptional achievement**.

When you practice deliberately, you identify the tasks or knowledge that are just out of your reach, strive to upgrade your performance, monitor your progress, and revise accordingly.





It takes **intense concentration**, and other people can be distracting.

It requires **deep motivation**, often self-generated.

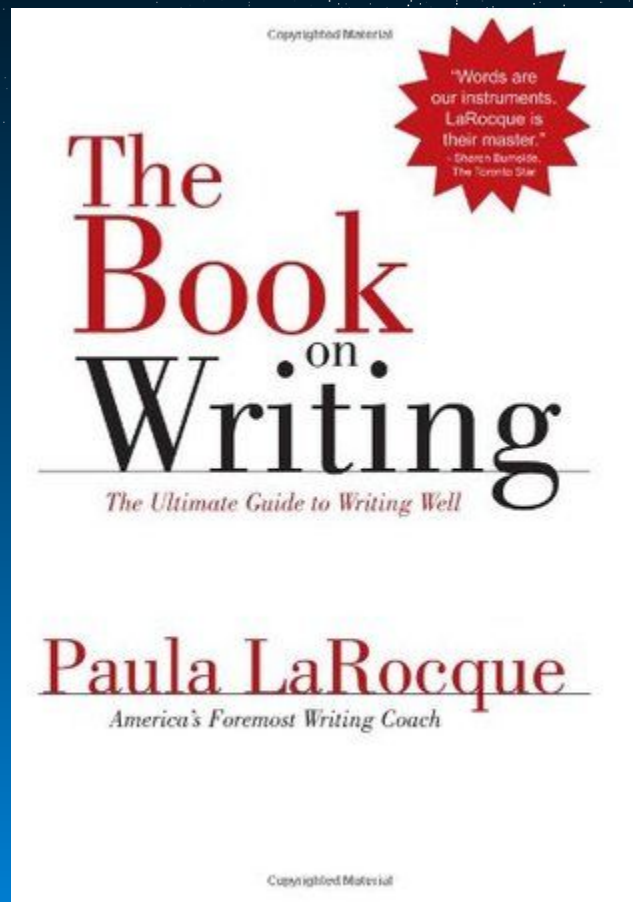
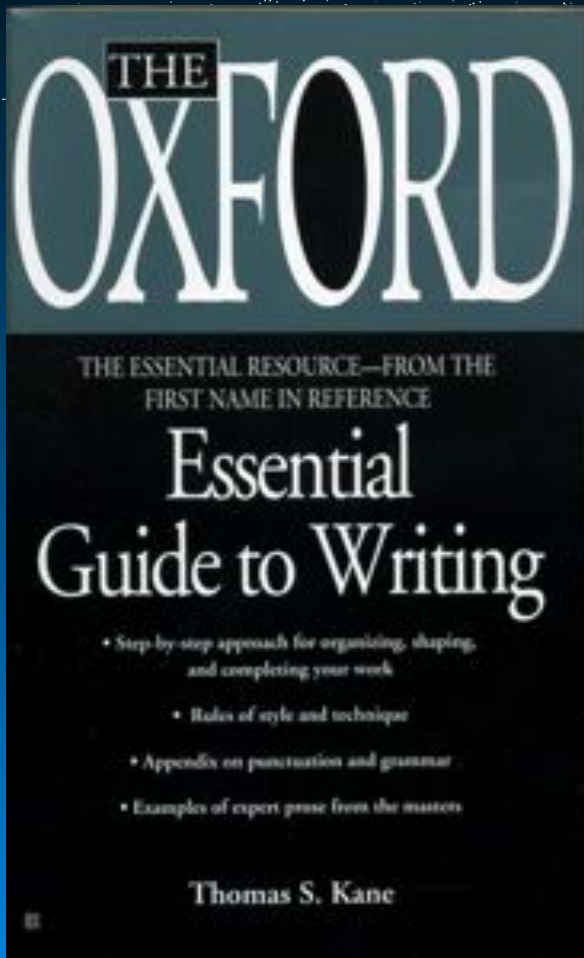
But most important, it involves **working on the task that's most challenging to you personally**.

Only when you're alone can you **go directly to the part** that's challenging to you. If you want to improve what you're doing, you have to be the one who generates the move. Ericsson says that it takes approximately **ten thousand hours of Deliberate Practice** to gain true expertise, so it helps to **start young**.



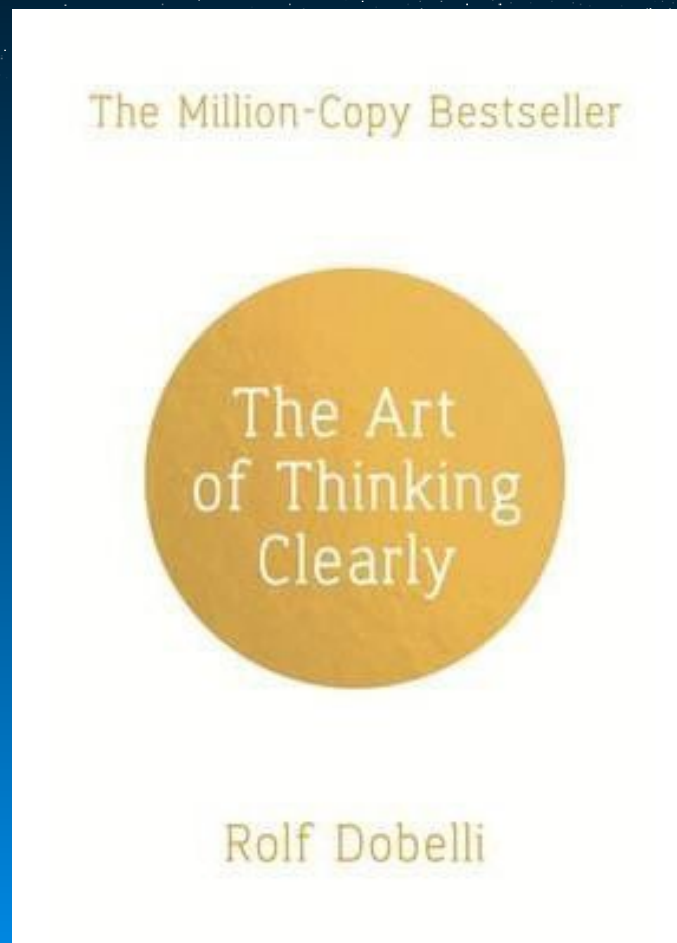
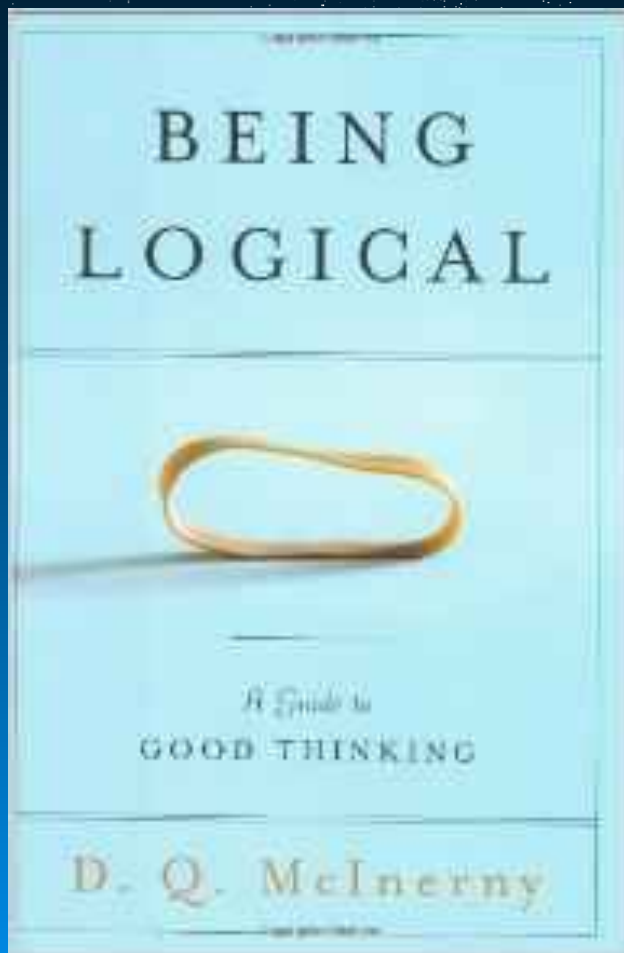


Writing



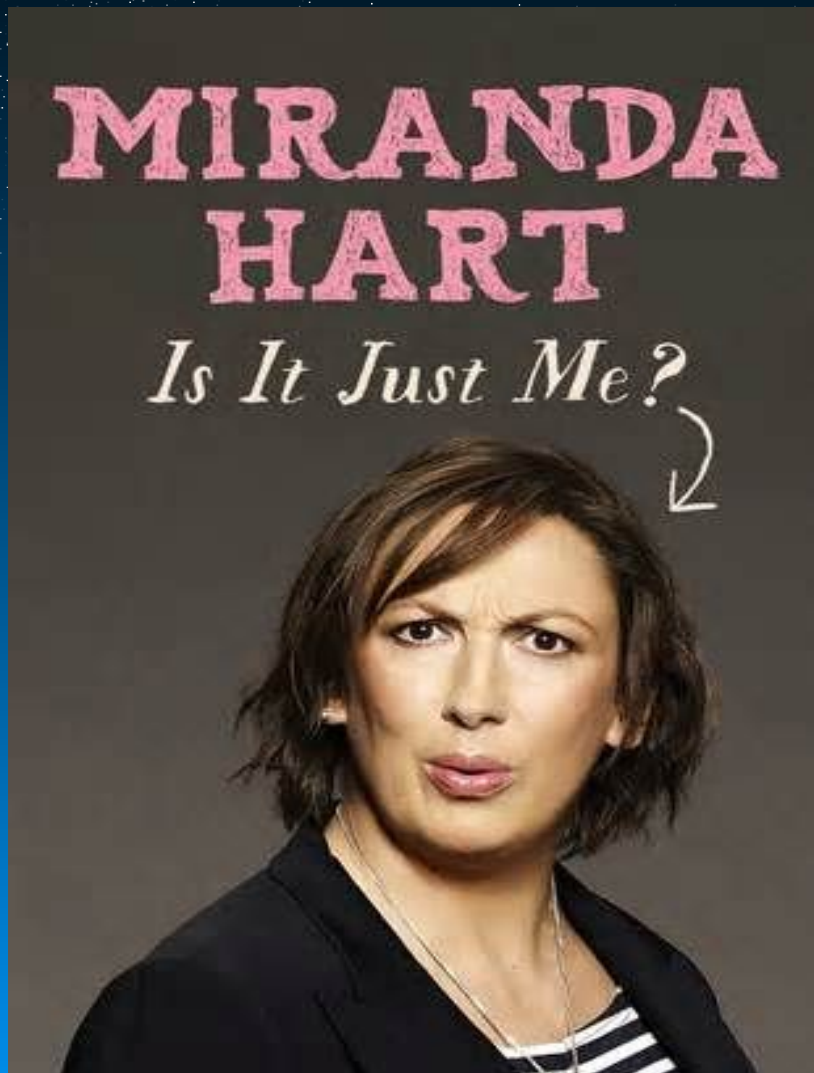


Logic & Thinking





Fun Read

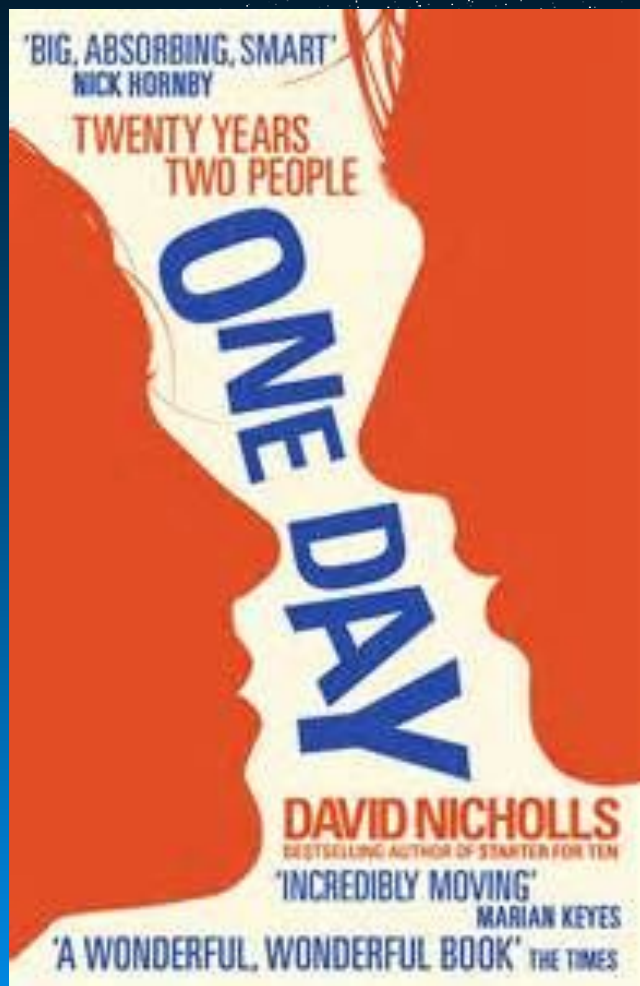
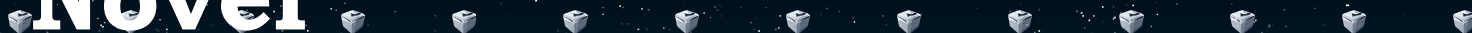


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Novel

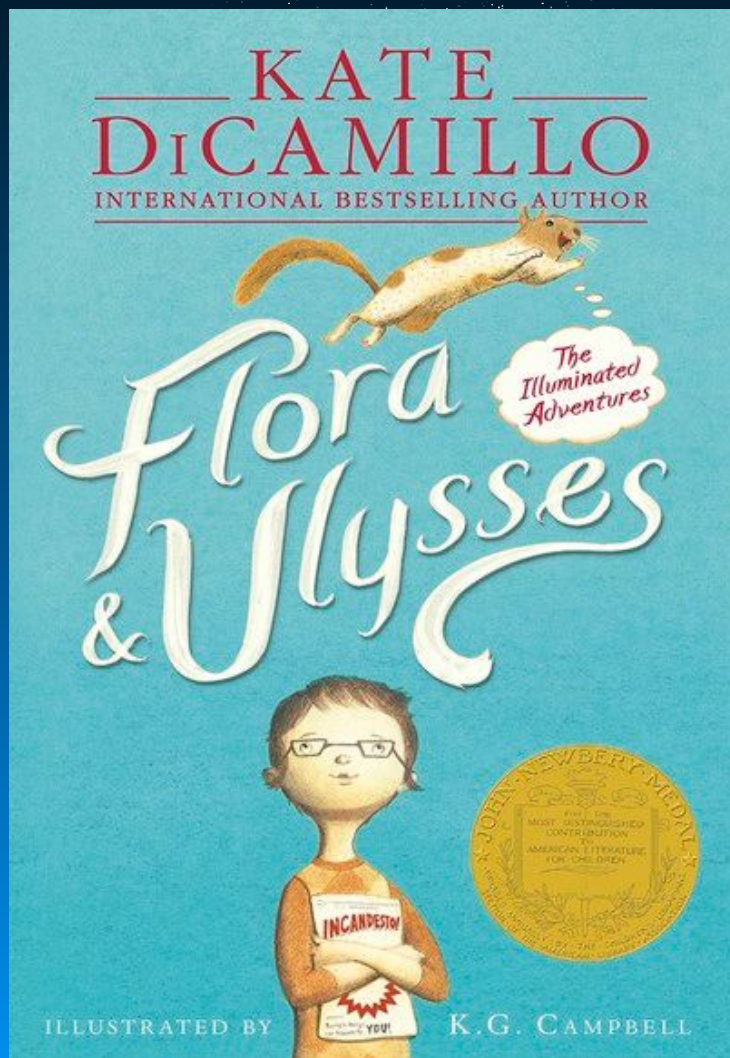


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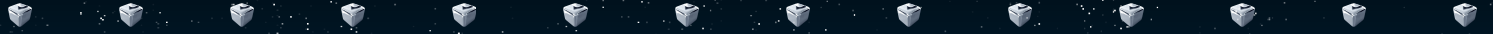


Easy Start



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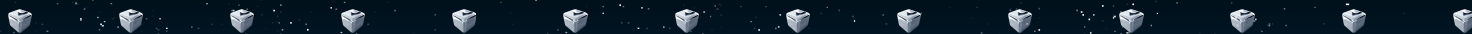


II Reflection

1 Input VS Output

Content Over Form





Reflection 2 Reading VS Thinking

If you ask a living teacher a question, he will probably answer you. If you are puzzled by what he says, you can save yourself the trouble of thinking by asking him what he means. If, however, **you ask a book a question, you must answer it yourself.** In this respect a book is like nature or the world. When you question it, it answers you **only to the extent that you do the work of thinking and analysis yourself.**





Why is marking a book indispensable to reading it?

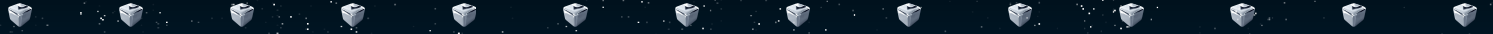
First, it keeps you awake--not merely conscious, but wide awake.

Second, **reading, if it is active, is thinking**, and thinking tends to express itself in words, spoken or written. **The person who says he knows what he thinks but cannot express it usually does not know what he thinks.**

Third, writing your reactions down helps you to remember the thoughts of the author.

Marking a book is literally an expression of your differences or your agreements with the author. It is the **highest respect** you can pay him.





Reflection 3 Cognition VS Metacognition

Metacognition: thinking about thinking



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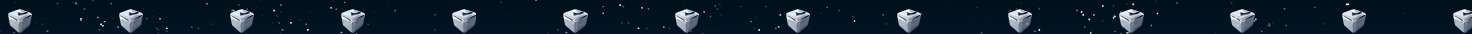


People tend to use 3 strategies when they are setting goals and that two of those strategies don't work very well.

Optimists favor indulging, which means **imagining the future they'd like to achieve** and **vividly envisioning all the good things that will go along with it**---the praise, the self-satisfaction, the future success.

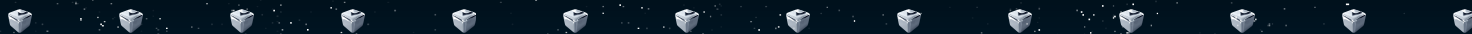
Indulging feels really good when you are doing it--it can trigger a nice dopamine surge---but it doesn't correlate at all with actual achievement.





Pessimists tend to use a strategy Oettingen calls dwelling, which involves **thinking about all the things that will get in the way of their accomplishing their goals.**





The third method is called **mental contrasting**, and it combines elements of the other two methods.

It means **concentrating on a positive outcome and simultaneously concentrating on the obstacles in the way.**

the next step to a successful outcome is **creating** a series of “implementation intentions”--**specific plans** in the form of if/then statements **that link the obstacles with ways to overcome them.**

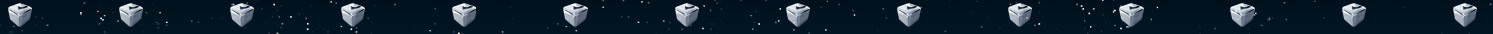




Reflection 4

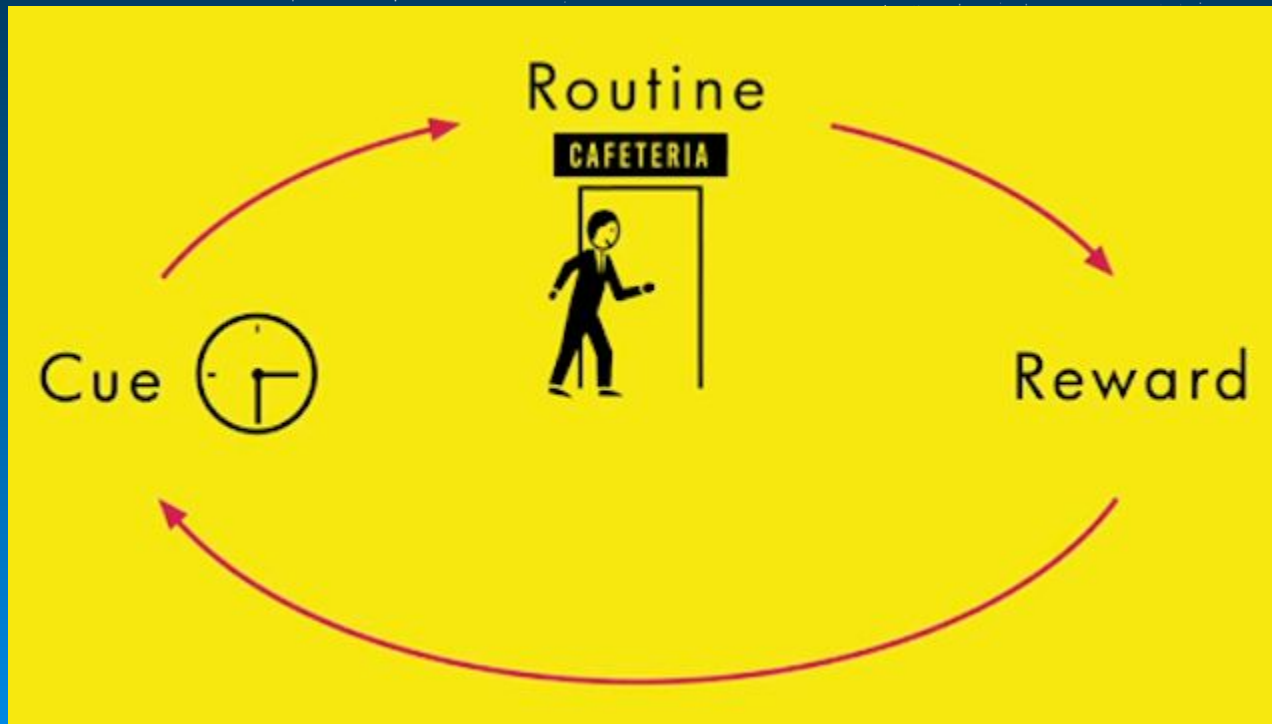
Fragmentation VS Systemization

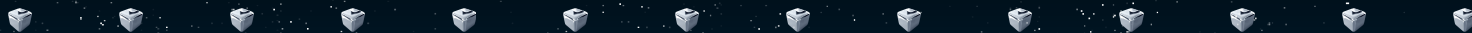




Reflection 5 Impulse VS Habit

Cue→Routine→Reward





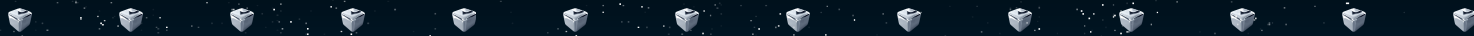
Reflection 6 Books VS Films

We moderns are inundated with facts to the detriment of understanding. The very media are so designed to **make thinking seem unnecessary**. The viewer of television, the listener or radio, the reader of magazines, is presented with a whole complex of elements---all the way from ingenious rhetoric to carefully selected data and statistics---to make it easy for him to “make up his own mind” **with the minimum of difficulty and effort**. But the packaging is often done so effectively that the viewers, listeners, or reader does not make up his own mind at all. Instead, he inserts a packaged opinion into his mind, somewhat like inserting a cassette into a cassette player. He then pushes a button and “plays back” the opinion whenever it seems appropriate to do so. He has performed acceptably **without having had to think**.





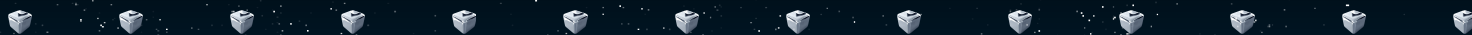
How to Tackle a Tough Book?



In tackling a difficult book for the first time, **read it through without ever stopping** to look up or ponder the things you do not understand right away.

Pay attention to what you can understand and do not be stopped by what you cannot immediately grasp. Go right on reading past the point where you have difficulties in understanding, and you will soon come to the things you do understand.





What you understand by reading the book through to the end---even if it is only fifty percent or less---will help you when you make the additional effort later to go back to the places you passed by on your first reading. And even if you never go back, **understanding half of a really tough book is much better than not understanding it at all.**

If you insist on understanding everything on every page before you go on to the next, you will not get very far. In your effort to master the fine points, you will **miss the big points. You will miss the forest for the trees.** You will not be reading well on any level.





III Exploration

Where to find the books

TED

MOOC

Social Media

Films

Amazon

Interest





Thanks!

Laura Lee



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