

# Building a Second Brain

by Tiago Forte

---

> Your mind is for having ideas, not holding them.  
loc 111-111 | Saturday, August 27, 2022 5:30:59 AM

> We extend beyond our limits, not by revving our brains like a machine or bulking them up like a muscle—but by strewing our world with rich materials, and by weaving them into our thoughts  
loc 229-231 | Saturday, August 27, 2022 7:32:16 AM

> Information is the fundamental building block of everything you do.  
loc 232-232 | Saturday, August 27, 2022 7:32:25 AM

> a note is a “knowledge building block”—a discrete unit of information interpreted through your unique perspective and stored outside your head.  
loc 321-322 | Saturday, August 27, 2022 7:42:03 AM

> —if a piece of content has been interpreted through your lens, curated according to your taste, translated into your own words, or drawn from your life experience, and stored in a secure place, then it qualifies as a note.  
loc 325-326 | Saturday, August 27, 2022 7:46:05 AM

> Your mind is for having ideas, not holding them.  
loc 111-111 | Saturday, August 27, 2022 5:30:59 AM

> We extend beyond our limits, not by revving our brains like a machine or bulking them up like a muscle—but by strewing our world with rich materials, and by weaving them into our thoughts  
loc 229-231 | Saturday, August 27, 2022 7:32:16 AM

> Information is the fundamental building block of everything you do.  
loc 232-232 | Saturday, August 27, 2022 7:32:25 AM

> a note is a “knowledge building block”—a discrete unit of information interpreted through your unique perspective and stored outside your head.  
loc 321-322 | Saturday, August 27, 2022 7:42:03 AM

> —if a piece of content has been interpreted through your lens, curated according to your taste, translated into your own words, or drawn from your life experience, and stored in a secure place, then it qualifies as a note.  
loc 325-326 | Saturday, August 27, 2022 7:46:05 AM