

# Building a Second Brain

- by Tiago Forte

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“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

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