﻿Get It Done (Ayelet Fishbach)

- Your Highlight at location 244-244 | Added on Sunday, 6 February 2022 20:40:47

When you’re setting goals, remember this lesson and choose to define the goal in terms of benefits rather than costs.

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﻿Get It Done (Ayelet Fishbach)

- Your Bookmark at location 3948 | Added on Sunday, 6 February 2022 20:56:36

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﻿Get It Done (Ayelet Fishbach)

- Your Bookmark at location 4002 | Added on Sunday, 6 February 2022 21:17:55

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Get It Done (Ayelet Fishbach)

- Your Bookmark at location 871 | Added on Monday, 7 February 2022 20:12:16

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Get It Done (Ayelet Fishbach)

- Your Bookmark at location 4027 | Added on Monday, 7 February 2022 20:13:46

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Get It Done (Ayelet Fishbach)

- Your Bookmark at location 1139 | Added on Monday, 7 February 2022 20:36:15

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Get It Done (Ayelet Fishbach)

- Your Bookmark at location 4079 | Added on Monday, 7 February 2022 20:37:21

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Get It Done (Ayelet Fishbach)

- Your Bookmark at location 4103 | Added on Wednesday, 9 February 2022 21:38:37

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Get It Done (Ayelet Fishbach)

- Your Highlight at location 1595-1596 | Added on Thursday, 10 February 2022 15:19:02

When you open a new savings account, for example, you might evaluate

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Get It Done (Ayelet Fishbach)

- Your Highlight at location 1594-1599 | Added on Thursday, 10 February 2022 15:19:10

For many goals, you start by evaluating your commitment and, over time and with experience, shift to monitoring progress. When you open a new savings account, for example, you might evaluate your commitment, wondering whether meeting your saving goal is even feasible. But once you’ve spent some time building up your savings account, you’ll feel more certain that saving is possible and switch to monitoring progress. You’re moving from assessing the goal to pushing forward, or from deliberating to implementing action plans. Yet the transition from asking about commitment

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Get It Done (Ayelet Fishbach)

- Your Highlight at location 1594-1598 | Added on Thursday, 10 February 2022 15:19:18

For many goals, you start by evaluating your commitment and, over time and with experience, shift to monitoring progress. When you open a new savings account, for example, you might evaluate your commitment, wondering whether meeting your saving goal is even feasible. But once you’ve spent some time building up your savings account, you’ll feel more certain that saving is possible and switch to monitoring progress. You’re moving from assessing the goal to pushing forward, or from deliberating to implementing action plans.

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Get It Done (Ayelet Fishbach)

- Your Highlight at location 1606-1609 | Added on Thursday, 10 February 2022 15:22:57

To determine which half of the glass will motivate you, you need to consider both the context and the importance of your goal. Do you feel like an expert or a novice? Is this goal one you have to achieve or one that would just be nice to reach? Based on your circumstances, you can flexibly switch between monitoring completed versus missing actions, looking back or looking forward.

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Get It Done (Ayelet Fishbach)

- Your Highlight at location 1976-1979 | Added on Thursday, 10 February 2022 16:19:36

Consider stepping on your bathroom scale. If you’ve been trying to lose weight but haven’t yet seen the numbers go down, you can interpret this negative feedback in one of two ways. If you take it to mean that you lack the ability or desire to maintain a healthy weight, you’ll get discouraged and stop trying. If, instead, you take it to mean that you haven’t worked hard enough yet, you should expect the opposite effect. You’ll be motivated to keep going and try to lose weight.

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Get It Done (Ayelet Fishbach)

- Your Highlight at location 2012-2013 | Added on Thursday, 10 February 2022 16:29:59

It’s easier to tolerate negative feedback when we have experience or expertise. We already know that we can do what we’ve set our mind to and are eager to get it right.

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Get It Done (Ayelet Fishbach)

- Your Highlight at location 2087-2088 | Added on Thursday, 10 February 2022 16:43:52

In general, we also choose to broadcast our positive news to a bigger audience. We announce our engagement to whoever might be willing to listen; we might even put an ad in the paper.

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Get It Done (Ayelet Fishbach)

- Your Bookmark at location 2170 | Added on Thursday, 10 February 2022 16:52:21

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Get It Done (Ayelet Fishbach)

- Your Bookmark at location 2452 | Added on Thursday, 10 February 2022 17:33:29

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Get It Done (Ayelet Fishbach)

- Your Highlight at location 2615-2619 | Added on Thursday, 10 February 2022 18:34:30

Being reminded of your future self puts you in a very broad decision frame. Whatever decision you make today, you should be able to envision making it again and again over many years. So instead of asking yourself whether it’s okay to procrastinate, cheat, smoke, or drink today, you should ask yourself whether it’s okay to do so for the rest of your life. Multiplying a small temptation by the number of times you would succumb to it in the course of your life will surely make it too large to ignore. And if you think a decision you make today is diagnostic of all future choices, you’d better make the right decision today.

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Get It Done (Ayelet Fishbach)

- Your Bookmark at location 4374 | Added on Thursday, 10 February 2022 19:59:46

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Get It Done (Ayelet Fishbach)

- Your Bookmark at location 4396 | Added on Thursday, 10 February 2022 20:46:46

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Get It Done (Ayelet Fishbach)

- Your Highlight at location 2396-2398 | Added on Friday, 11 February 2022 17:47:35

Several factors determine whether you seek to compromise or prioritize when pursuing multiple goals, the first of which is whether you see your actions as reflecting who you are as a person. Do your actions tell you or the world something about your identity or morals?

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Get It Done (Ayelet Fishbach)

- Your Bookmark at location 2250 | Added on Friday, 11 February 2022 18:10:08

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The Revolution That Wasn't (Spencer Jakab)

- Your Highlight on page 24 | location 355-358 | Added on Saturday, 12 February 2022 20:41:43

is Robinhood’s largest single source of income, paying it for the right to execute its stock and options orders in lieu of their being sent to an exchange where those transactions are visible to everyone. That practice, “payment for order flow,” would attract some uncomfortable questions at the hearing. In much the same way that Robinhood can point to the good

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The Revolution That Wasn't (Spencer Jakab)

- Your Highlight on page 24 | location 355-357 | Added on Saturday, 12 February 2022 20:41:49

It is Robinhood’s largest single source of income, paying it for the right to execute its stock and options orders in lieu of their being sent to an exchange where those transactions are visible to everyone. That practice, “payment for order flow,” would attract some uncomfortable questions at the hearing.

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The Revolution That Wasn't (Spencer Jakab)

- Your Bookmark on page 36 | location 543 | Added on Saturday, 12 February 2022 21:11:30

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The Revolution That Wasn't (Spencer Jakab)

- Your Highlight on page 122 | location 1868-1869 | Added on Sunday, 13 February 2022 15:33:21

He also holds the record for the most money ever lost by an individual as his net worth shriveled from $70 billion to $600 million.

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The Box (Marc Levinson)

- Your Bookmark on page 333 | location 5101 | Added on Monday, 14 February 2022 20:05:26

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 18 | location 266 | Added on Sunday, 20 February 2022 16:20:11

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 306 | location 4686 | Added on Sunday, 20 February 2022 17:17:04

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 311 | location 4755 | Added on Sunday, 20 February 2022 18:54:06

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Caesar's Last Breath (Sam Kean)

- Your Highlight on page 98 | location 1488-1489 | Added on Sunday, 20 February 2022 19:41:51

microbes. But unlike nitrogen, the other dominant gas in the air, oxygen

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Caesar's Last Breath (Sam Kean)

- Your Highlight on page 98 | location 1497-1501 | Added on Sunday, 20 February 2022 19:43:54

In the hundreds of millions of years since, oxygen levels have veered drunkenly, dipping as low as 15 percent and rising as high as 35 percent. Again, this had several unusual effects. During the highs, the slightest spark or cinder would have flamed up and burned everything in its vicinity. During the lows, even volcanoes and lightning strikes would have struggled to ignite anything nearby. We in fact see zero evidence of fire in the fossil record until a few hundred million years ago, when the first hints of black charcoal appear.

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 312 | location 4783 | Added on Sunday, 20 February 2022 19:53:50

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Caesar's Last Breath (Sam Kean)

- Your Highlight on page 117 | location 1794-1794 | Added on Monday, 21 February 2022 18:58:37

to prevent an explosion. He then collected the fumes in a bellows.

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Caesar's Last Breath (Sam Kean)

- Your Highlight on page 117 | location 1794-1794 | Added on Monday, 21 February 2022 18:58:40

to prevent an explosion. He then collected the fumes in a bellows.

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Caesar's Last Breath (Sam Kean)

- Your Highlight on page 128 | location 1953-1957 | Added on Monday, 21 February 2022 19:20:40

testing ether on the animals on his father’s farm: cows, horses, worms, the family spaniel, even a few fish.3 These trials went well, so he purchased another batch of ether (from a different druggist, to mask his plans) and put a friend with an impacted wisdom tooth under. Another success: the friend woke up sans tooth, wondering when the procedure would start. Dollar signs dancing before his eyes, Morton once

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 315 | location 4819 | Added on Monday, 21 February 2022 19:36:36

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Caesar's Last Breath (Sam Kean)

- Your Highlight on page 159 | location 2429-2433 | Added on Monday, 21 February 2022 20:41:51

well, they needed a ten-horsepower engine. Scientifically, the idea proved prescient as well. Over the next century chemistry and physics would be dominated by thermodynamics, the study of heat and energy. Energy is a vast topic in science, popping up in all sorts of different contexts, and scientists needed a standard unit of comparison to understand how quickly different processes absorbed and released energy. The horsepower fit the bill perfectly. Little did those

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 317 | location 4851 | Added on Monday, 21 February 2022 21:34:03

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 321 | location 4918 | Added on Tuesday, 22 February 2022 19:04:06

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Caesar's Last Breath (Sam Kean)

- Your Highlight on page 218 | location 3331-3331 | Added on Tuesday, 22 February 2022 19:45:48

so high, to tens of millions of degrees, that electrons within the vapor

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 325 | location 4978 | Added on Tuesday, 22 February 2022 20:12:54

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 327 | location 5003 | Added on Tuesday, 22 February 2022 20:25:26

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 329 | location 5031 | Added on Tuesday, 22 February 2022 21:07:48

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Caesar's Last Breath (Sam Kean)

- Your Bookmark on page 330 | location 5056 | Added on Tuesday, 22 February 2022 21:19:05

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The World Without Us (Alan Weisman)

- Your Bookmark at location 67 | Added on Wednesday, 23 February 2022 18:15:28

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The World Without Us (Alan Weisman)

- Your Highlight at location 1119-1120 | Added on Wednesday, 23 February 2022 19:59:15

was at least 10,000 years old, but unmistakably a turd. Mummified

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The World Without Us (Alan Weisman)

- Your Bookmark at location 3071 | Added on Thursday, 24 February 2022 20:56:35

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The World Without Us (Alan Weisman)

- Your Highlight at location 3917-3917 | Added on Friday, 25 February 2022 17:31:33

Canada contains more lakes than the rest of the world combined. Nearly

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The World Without Us (Alan Weisman)

- Your Highlight at location 3917-3917 | Added on Friday, 25 February 2022 17:31:38

Canada contains more lakes than the rest of the world combined.

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The World Without Us (Alan Weisman)

- Your Highlight at location 3917-3918 | Added on Friday, 25 February 2022 17:32:35

Canada contains more lakes than the rest of the world combined. Nearly half of Northwest Territories isn’t land at all, but water.

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The World Without Us (Alan Weisman)

- Your Bookmark at location 4165 | Added on Friday, 25 February 2022 17:46:58

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The World Without Us (Alan Weisman)

- Your Bookmark at location 99 | Added on Friday, 25 February 2022 17:47:19

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Being You: A New Science of Consciousness (Anil Seth)

- Your Bookmark on page 1 | location 4 | Added on Sunday, 27 February 2022 13:20:37

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Sticky (Laurie Winkless)

- Your Bookmark on page 126 | location 1923 | Added on Sunday, 27 February 2022 22:06:14

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Stuff Matters: Exploring the Marvelous Materials That Shape Our Man-Made World (Mark Miodownik)

- Your Highlight on page 19 | location 277-278 | Added on Tuesday, 1 March 2022 21:25:05

the metal atoms are stuck together and so also affects how easily the dislocations move. Lead has a low melting point and so dislocations move with consummate ease, making it a very soft metal. Copper has a higher melting

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Putin's People (Catherine Belton)

- Your Bookmark at location 82 | Added on Thursday, 3 March 2022 19:46:53

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The Power of Regret (Daniel H. Pink)

- Your Highlight on page 163 | location 2495-2496 | Added on Monday, 7 March 2022 18:46:58

If a friend or relative came to you with the same regret as yours, would you treat that person with kindness or contempt? If your answer is kindness, use that approach on yourself. If your answer is contempt, try a different answer.

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The Power of Regret (Daniel H. Pink)

- Your Highlight on page 169 | location 2581-2582 | Added on Monday, 7 March 2022 18:52:52

Imagine your best friend is confronting the same regret that you’re dealing with. What is the lesson that the regret teaches them? What would you tell them to do next? Be as specific as you can. Now follow your own advice.

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The Power of Regret (Daniel H. Pink)

- Your Bookmark on page 190 | location 2912 | Added on Monday, 7 March 2022 19:44:00

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The March of Folly (Barbara W. Tuchman)

- Your Highlight at location 3090-3091 | Added on Wednesday, 9 March 2022 03:54:07

could command it and too stiff-necked to compromise or, given that he had been absent from affairs for the past year,

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Moneyland (Oliver Bullough)

- Your Highlight on page 37 | location 557-559 | Added on Saturday, 12 March 2022 15:36:13

In this dull but important introductory section (spoiler alert: Bond does succeed in defeating Goldfinger, but not before he gets entangled with the Chicago mob, foils a daring raid on Fort Knox and seduces a lesbian who has ‘never met a man before’),

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Moneyland (Oliver Bullough)

- Your Highlight on page 40 | location 607-608 | Added on Saturday, 12 March 2022 15:43:32

London isn’t technically even the capital of England; that is Westminster, a different city just upriver, which has merged with London

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Moneyland (Oliver Bullough)

- Your Highlight on page 40 | location 607-608 | Added on Saturday, 12 March 2022 15:43:37

London isn’t technically even the capital of England; that is Westminster,

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Moneyland (Oliver Bullough)

- Your Bookmark on page 312 | location 4781 | Added on Saturday, 12 March 2022 20:23:09

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Moneyland (Oliver Bullough)

- Your Bookmark on page 313 | location 4794 | Added on Saturday, 12 March 2022 22:12:03

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Moneyland (Oliver Bullough)

- Your Highlight on page 145 | location 2219-2219 | Added on Sunday, 13 March 2022 09:45:04

and unexamined, acceptance that Nigerians – or any modern kleptocrats

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Moneyland (Oliver Bullough)

- Your Highlight on page 145 | location 2219-2219 | Added on Sunday, 13 March 2022 09:45:07

and unexamined, acceptance that Nigerians – or any modern kleptocrats

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Moneyland (Oliver Bullough)

- Your Highlight on page 145 | location 2219-2219 | Added on Sunday, 13 March 2022 09:45:11

and unexamined, acceptance that Nigerians – or any modern kleptocrats

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Moneyland (Oliver Bullough)

- Your Bookmark on page 314 | location 4807 | Added on Sunday, 13 March 2022 09:50:41

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Moneyland (Oliver Bullough)

- Your Bookmark on page 315 | location 4821 | Added on Sunday, 13 March 2022 14:48:27

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Moneyland (Oliver Bullough)

- Your Highlight on page 183 | location 2798-2804 | Added on Sunday, 13 March 2022 15:17:34

But that was not enough for Estrada. In the discussions over her divorce settlement, she revealed her financial demands on her ex-husband. They included, among other things, an annual allowance of £116,000 for handbags, £46,000 for expenses incurred attending the Wimbledon tennis tournament and Ascot horse races, and £1 million for clothes (including £83,000 for cocktail dresses). Her half-term break in Paris each October would cost £247,000 a year, and four bottles of face cream would add another £9,400. ‘I am Christina Estrada. I was a top international model. I have lived this life. This is what I am accustomed to,’ she said. Ultimately she was awarded £75 million in cash and assets, one

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Moneyland (Oliver Bullough)

- Your Highlight on page 183 | location 2798-2803 | Added on Sunday, 13 March 2022 15:17:43

But that was not enough for Estrada. In the discussions over her divorce settlement, she revealed her financial demands on her ex-husband. They included, among other things, an annual allowance of £116,000 for handbags, £46,000 for expenses incurred attending the Wimbledon tennis tournament and Ascot horse races, and £1 million for clothes (including £83,000 for cocktail dresses). Her half-term break in Paris each October would cost £247,000 a year, and four bottles of face cream would add another £9,400. ‘I am Christina Estrada. I was a top international model. I have lived this life. This is what I am accustomed to,’ she said.

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Moneyland (Oliver Bullough)

- Your Bookmark on page 316 | location 4834 | Added on Sunday, 13 March 2022 15:39:28

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Moneyland (Oliver Bullough)

- Your Bookmark on page 317 | location 4847 | Added on Sunday, 13 March 2022 16:22:24

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Moneyland (Oliver Bullough)

- Your Bookmark on page 317 | location 4860 | Added on Sunday, 13 March 2022 17:08:54

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Moneyland (Oliver Bullough)

- Your Bookmark on page 318 | location 4873 | Added on Sunday, 13 March 2022 19:21:34

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Shaky Ground: The Strange Saga of the U.S. Mortgage Giants (Bethany McLean)

- Your Bookmark on page 8 | location 117 | Added on Monday, 14 March 2022 18:27:23

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The Cosmopolites: The Coming of the Global Citizen (Atossa Araxia Abrahamian)

- Your Highlight on page 33 | location 501-502 | Added on Wednesday, 16 March 2022 07:17:13

There was only one casualty: a relative of Soilih’s who was accidentally decapitated by a machete.

==========

We Want to Negotiate (Joel Simon)

- Your Highlight on page 48 | location 727-731 | Added on Thursday, 17 March 2022 14:19:00

In 1982, a British insurance broker named Doug Milne set out in search of new markets. His specialty was kidnapping and ransom insurance, known in the industry as K & R. Naturally, he was looking at places around the world where people were being nabbed. One such place was Colombia. Milne enrolled in a Spanish-language course in London and a month later, with rudimentary skills and only one or two solid contacts on the ground, he boarded a flight to Bogotá.

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We Want to Negotiate (Joel Simon)

- Your Highlight on page 114 | location 1735-1737 | Added on Thursday, 17 March 2022 16:08:13

directive signed by President Bush in 2002, and found the language lacked clarity. For example, the existing directive did not address communication. The new policy, codified in Presidential Policy

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Lying for Money (Dan Davies)

- Your Highlight on page 73 | location 1114-1116 | Added on Sunday, 20 March 2022 17:56:51

In fact, not only was Charles Ponzi not the first Ponzi schemer, he was not even the first Ponzi schemer in the town of Boston. Sarah Howe and her Ladies’ Deposit Company, discussed below on p.117, predated him by nearly fifty years. But women never get the credit.

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Lying for Money (Dan Davies)

- Your Highlight on page 171 | location 2615-2616 | Added on Monday, 21 March 2022 18:34:20

There is only one real commercial fraud in the Bible, but it is a doozy of a public procurement scam.

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Criminal Capital\_ How the Finance Industry Facilitates Crime - S. Platt

- Your Bookmark on page 208 | Added on Tuesday, 22 March 2022 19:28:24

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Criminal Capital\_ How the Finance Industry Facilitates Crime - S. Platt

- Your Bookmark on page 211 | Added on Tuesday, 22 March 2022 21:41:28

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Stolen Focus: Why You Can't Pay Attention (Johann Hari)

- Your Bookmark on page 330 | location 5058 | Added on Thursday, 24 March 2022 18:40:28

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Stolen Focus: Why You Can't Pay Attention (Johann Hari)

- Your Bookmark on page 334 | location 5109 | Added on Thursday, 24 March 2022 18:58:49

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Stolen Focus: Why You Can't Pay Attention (Johann Hari)

- Your Highlight on page 87 | location 1329-1330 | Added on Friday, 25 March 2022 20:25:20

Some 57 percent of Americans now do not read a single book in a typical year.

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Stolen Focus: Why You Can't Pay Attention (Johann Hari)

- Your Bookmark on page 343 | location 5257 | Added on Friday, 25 March 2022 20:42:09

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Stolen Focus: Why You Can't Pay Attention (Johann Hari)

- Your Bookmark on page 347 | location 5306 | Added on Friday, 25 March 2022 21:06:28

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Stolen Focus: Why You Can't Pay Attention (Johann Hari)

- Your Bookmark on page 354 | location 5418 | Added on Friday, 25 March 2022 22:01:01

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Stolen Focus: Why You Can't Pay Attention (Johann Hari)

- Your Bookmark on page 372 | location 5703 | Added on Saturday, 26 March 2022 12:10:06

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Stolen Focus: Why You Can't Pay Attention (Johann Hari)

- Your Bookmark on page 385 | location 5899 | Added on Saturday, 26 March 2022 12:50:31

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A World Without Email (Cal Newport)

- Your Bookmark at location 4121 | Added on Saturday, 26 March 2022 20:29:02

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A World Without Email (Cal Newport)

- Your Highlight at location 439-440 | Added on Saturday, 26 March 2022 20:39:27

As Adam Gazzaley and Larry Rosen bluntly summarize in their 2016 book, The Distracted Mind:

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A World Without Email (Cal Newport)

- Your Highlight at location 561-563 | Added on Saturday, 26 March 2022 20:58:50

As Eisenhower recalls Marshall telling him: “[The War Department] is filled with able men who analyze the problems well but feel compelled always to bring them to me for final solution. I must have assistants who will solve their own problems and tell me later what they have done.”

==========

A World Without Email (Cal Newport)

- Your Highlight at location 4214-4215 | Added on Saturday, 26 March 2022 21:11:09

I first came across this quote in Mason Currey’s underground classic book Daily Rituals: How Artists Work (New York: Knopf, 2013).

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A World Without Email (Cal Newport)

- Your Highlight at location 4464-4464 | Added on Sunday, 27 March 2022 12:48:33

Joshua B. Freeman, Behemoth: A History of the Factory and the

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A World Without Email (Cal Newport)

- Your Highlight at location 1665-1667 | Added on Sunday, 27 March 2022 12:50:00

After working his way from the Model A, which seated only two and cost extra if you wanted a roof, through Models B, C, F, K, and N, Ford finally arrived in 1908 at what would become his masterpiece of pragmatic conveyance: the Model T.

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A World Without Email (Cal Newport)

- Your Highlight at location 4464-4468 | Added on Sunday, 27 March 2022 12:51:56

Joshua B. Freeman, Behemoth: A History of the Factory and the Making of the Modern World (New York: W. W. Norton, 2019), 124. 2. The details of the development of the assembly line, including the specific numbers cited in this discussion, come from two excellent secondary sources: Freeman, Behemoth, 119–26; and Simon Winchester, The Perfectionists: How Precision Engineers Created the Modern World (New York: Harper, 2018), 159–66.

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A World Without Email (Cal Newport)

- Your Highlight at location 1672-1672 | Added on Sunday, 27 March 2022 12:52:21

might travel around the world in a Model T and exchange crankshafts

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A World Without Email (Cal Newport)

- Your Highlight at location 1755-1757 | Added on Sunday, 27 March 2022 13:02:42

The Attention Capital Principle The productivity of the knowledge sector can be significantly increased if we identify workflows that better optimize the human brain’s ability to sustainably add value to information.

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A World Without Email (Cal Newport)

- Your Highlight at location 1896-1898 | Added on Sunday, 27 March 2022 13:38:00

Drawing on these observations, I suggest the following design principle for developing approaches to work that provide better returns from your personal or organizational attention capital: seek workflows that (1) minimize mid-task context switches and (2) minimize the sense of communication overload.

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A World Without Email (Cal Newport)

- Your Highlight at location 2190-2200 | Added on Sunday, 27 March 2022 14:01:55

in charge of resolving. Taking a page out of Devesh’s playbook, I internally deploy a Trello board to help make sense of these requests. My board has the following columns: ☐ waiting to deal with ☐ waiting to deal with (time sensitive) ☐ to discuss at next graduate committee meeting ☐ to discuss at next meeting with department chair ☐ waiting to hear back from someone ☐ working on this week

==========

A World Without Email (Cal Newport)

- Your Highlight at location 2191-2200 | Added on Sunday, 27 March 2022 14:02:10

Taking a page out of Devesh’s playbook, I internally deploy a Trello board to help make sense of these requests. My board has the following columns: ☐ waiting to deal with ☐ waiting to deal with (time sensitive) ☐ to discuss at next graduate committee meeting ☐ to discuss at next meeting with department chair ☐ waiting to hear back from someone ☐ working on this week

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A World Without Email (Cal Newport)

- Your Highlight at location 2356-2357 | Added on Sunday, 27 March 2022 14:31:08

The Process Principle Introducing smart production processes to knowledge work can dramatically increase performance and make the work much less draining.

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A World Without Email (Cal Newport)

- Your Highlight at location 2472-2476 | Added on Sunday, 27 March 2022 14:49:17

These examples of effective production processes share the following properties: It’s easy to review who is working on what and how it’s going. Work can unfold without significant amounts of unscheduled communication. There’s a known procedure for updating work assignments as the process progresses.

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A World Without Email (Cal Newport)

- Your Bookmark at location 2580 | Added on Sunday, 27 March 2022 15:00:22

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A World Without Email (Cal Newport)

- Your Highlight at location 2656-2657 | Added on Sunday, 27 March 2022 15:08:46

Jim Benson thinks a lot about improving knowledge work. His consulting firm, Modus Cooperandi, specializes in building custom processes that improve collaboration at knowledge work organizations.

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A World Without Email (Cal Newport)

- Your Highlight at location 2994-2996 | Added on Sunday, 27 March 2022 15:49:27

The Protocol Principle Designing rules that optimize when and how coordination occurs in the workplace is a pain in the short term but can result in significantly more productive operation in the long term.

==========

A World Without Email (Cal Newport)

- Your Highlight at location 3030-3031 | Added on Sunday, 27 March 2022 15:53:06

As reported in a 2017 Harvard Business Review article, dramatically titled “Stop the Meeting Madness,” the average executive now spends twenty-three hours a week in meetings.

==========

A World Without Email (Cal Newport)

- Your Highlight at location 3479-3481 | Added on Sunday, 27 March 2022 20:18:08

The Specialization Principle In the knowledge sector, working on fewer things, but doing each thing with more quality and accountability, can be the foundation for significantly more productivity.

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The Distracted Mind (The Distracted Mind-The MIT Press (2016))

- Your Highlight on page 28 | location 423-424 | Added on Monday, 28 March 2022 18:56:48

This model has now been validated in several animal species, such as the foraging behavior of the great tit and the screaming hairy armadillo.21

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The Distracted Mind (The Distracted Mind-The MIT Press (2016))

- Your Bookmark on page 100 | location 1529 | Added on Monday, 28 March 2022 21:33:17

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Flying Blind (Peter Robison)

- Your Bookmark on page 310 | location 4749 | Added on Tuesday, 29 March 2022 21:57:49

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Flying Blind (Peter Robison)

- Your Bookmark on page 334 | location 5107 | Added on Wednesday, 30 March 2022 18:37:30

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Flying Blind (Peter Robison)

- Your Bookmark on page 352 | location 5388 | Added on Wednesday, 30 March 2022 20:29:23

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Flying Blind (Peter Robison)

- Your Bookmark on page 381 | location 5833 | Added on Wednesday, 30 March 2022 22:01:51

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Flying Blind (Peter Robison)

- Your Bookmark on page 390 | location 5980 | Added on Thursday, 31 March 2022 08:16:08

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Flying Blind (Peter Robison)

- Your Bookmark on page 420 | location 6435 | Added on Thursday, 31 March 2022 19:11:52

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The Barcelona Complex (Simon Kuper)

- Your Highlight at location 4395-4396 | Added on Saturday, 2 April 2022 17:59:36

Then there’s the issue of sleeping habits in Spain, a country that averages fifty-three minutes less shut-eye per night than the rest of

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The Barcelona Complex (Simon Kuper)

- Your Highlight at location 4395-4396 | Added on Saturday, 2 April 2022 17:59:42

Then there’s the issue of sleeping habits in Spain, a country that averages fifty-three minutes less shut-eye per night than the rest of Europe.

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The Bond King (Mary Childs)

- Your Bookmark on page 333 | location 5099 | Added on Saturday, 2 April 2022 21:56:49

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The Bond King (Mary Childs)

- Your Highlight on page 31 | location 471-471 | Added on Sunday, 3 April 2022 10:20:55

“That sounds great to me,” Raykoff said. “I’ll talk

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The Bond King (Mary Childs)

- Your Highlight on page 31 | location 471-471 | Added on Sunday, 3 April 2022 10:21:02

“That sounds great to me,” Raykoff said. “I’ll talk to anybody about the mathematical volatility of bonds!”

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The Bond King (Mary Childs)

- Your Highlight on page 53 | location 810-811 | Added on Sunday, 3 April 2022 10:49:19

He and Sue had planned their annual cruise for that month, through the Panama Canal. A cruise was his preferred method of relaxation because he didn’t have to pack and unpack. He took his vacations seriously; he kept the time sacred, uncontaminated

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The Bond King (Mary Childs)

- Your Highlight on page 53 | location 810-811 | Added on Sunday, 3 April 2022 10:49:24

He and Sue had planned their annual cruise for that month, through the Panama Canal. A cruise was his preferred method of relaxation because he didn’t have to pack and unpack. He took his vacations seriously; he kept the time sacred, uncontaminated

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The Bond King (Mary Childs)

- Your Highlight on page 53 | location 810-811 | Added on Sunday, 3 April 2022 10:49:33

He and Sue had planned their annual cruise for that month, through the Panama Canal. A cruise was his preferred method of relaxation because he didn’t have to pack and unpack.

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The Bond King (Mary Childs)

- Your Bookmark on page 339 | location 5184 | Added on Sunday, 3 April 2022 16:23:06

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The Bond King (Mary Childs)

- Your Bookmark on page 342 | location 5239 | Added on Sunday, 3 April 2022 16:59:20

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The Bond King (Mary Childs)

- Your Bookmark on page 344 | location 5264 | Added on Sunday, 3 April 2022 17:41:29

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The Bond King (Mary Childs)

- Your Bookmark on page 346 | location 5293 | Added on Sunday, 3 April 2022 19:00:46

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The Bond King (Mary Childs)

- Your Bookmark on page 349 | location 5349 | Added on Sunday, 3 April 2022 19:49:23

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The Bond King (Mary Childs)

- Your Bookmark on page 351 | location 5375 | Added on Monday, 4 April 2022 19:22:55

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Drive (Daniel H. Pink)

- Your Bookmark on page 57 | location 873 | Added on Saturday, 9 April 2022 18:01:21

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Drive (Daniel H. Pink)

- Your Highlight on page 60 | location 907-909 | Added on Saturday, 9 April 2022 18:03:04

Glucksberg’s experiment provides the first question you should ask when contemplating external motivators: Is the task at hand routine? That is, does accomplishing it require following a prescribed set of rules to a specified end?

==========

Drive (Daniel H. Pink)

- Your Highlight on page 78 | location 1195-1197 | Added on Saturday, 9 April 2022 18:42:06

A few staffers had come out of extremely controlling environments and weren’t accustomed to this kind of leeway. (At one employee’s previous company, staff had to arrive each day by eight A.M. If someone was late, even by a few minutes, the employee had to write an explanation for everyone else to read.)

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 89 | Added on Sunday, 10 April 2022 13:45:34

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 4657 | Added on Sunday, 10 April 2022 14:18:37

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 4857 | Added on Sunday, 10 April 2022 15:35:48

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 4985 | Added on Sunday, 10 April 2022 15:57:34

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 5113 | Added on Sunday, 10 April 2022 16:18:32

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 5241 | Added on Sunday, 10 April 2022 18:45:55

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 5475 | Added on Sunday, 10 April 2022 19:27:36

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 5648 | Added on Sunday, 10 April 2022 20:17:12

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 5730 | Added on Sunday, 10 April 2022 21:00:24

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 5924 | Added on Sunday, 10 April 2022 21:25:49

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In the Forest of No Joy (J. P. Daughton)

- Your Bookmark at location 6213 | Added on Monday, 11 April 2022 08:29:08

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The Greatest Trade Ever: The Behind-The-Scenes Story of How John Paulson Defied Wall Street and Made Financial History (Gregory Zuckerman)

- Your Bookmark at location 4719 | Added on Monday, 11 April 2022 20:33:26

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The Greatest Trade Ever: The Behind-The-Scenes Story of How John Paulson Defied Wall Street and Made Financial History (Gregory Zuckerman)

- Your Bookmark at location 4783 | Added on Tuesday, 12 April 2022 07:53:14

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The Greatest Trade Ever: The Behind-The-Scenes Story of How John Paulson Defied Wall Street and Made Financial History (Gregory Zuckerman)

- Your Highlight at location 4293-4295 | Added on Wednesday, 13 April 2022 20:28:23

Lehman sent some of the money, but held off J.P. Morgan on the rest as it tried to reassure clients. “Our balance sheet is better than ever,” Christian Lawless, a senior vice president in Lehman’s European mortgage

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The Greatest Trade Ever: The Behind-The-Scenes Story of How John Paulson Defied Wall Street and Made Financial History (Gregory Zuckerman)

- Your Highlight at location 4293-4295 | Added on Wednesday, 13 April 2022 20:28:28

Lehman sent some of the money, but held off J.P. Morgan on the rest as it tried to reassure clients. “Our balance sheet is better than ever,” Christian Lawless, a senior vice president in Lehman’s European mortgage operation, told investors seeking to pull out assets.

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The Man Who Solved the Market: How Jim Simons Launched the Quant Revolution SHORTLISTED FOR THE FT & MCKINSEY BUSINESS BOOK OF THE YEAR AWARD 2019 (Gregory Zuckerman)

- Your Bookmark at location 63 | Added on Wednesday, 13 April 2022 21:38:54

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The Man Who Solved the Market: How Jim Simons Launched the Quant Revolution SHORTLISTED FOR THE FT & MCKINSEY BUSINESS BOOK OF THE YEAR AWARD 2019 (Gregory Zuckerman)

- Your Highlight at location 3571-3573 | Added on Saturday, 16 April 2022 06:22:01

On Wall Street, traders often are most miserable after terrific years, not terrible ones, as resentments emerge—yes, I made a ton, but someone wholly undeserving got more! At Renaissance, some of

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The Man Who Solved the Market: How Jim Simons Launched the Quant Revolution SHORTLISTED FOR THE FT & MCKINSEY BUSINESS BOOK OF THE YEAR AWARD 2019 (Gregory Zuckerman)

- Your Highlight at location 3571-3572 | Added on Saturday, 16 April 2022 06:22:08

On Wall Street, traders often are most miserable after terrific years, not terrible ones, as resentments emerge—yes, I made a ton, but someone wholly undeserving got more!

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Otherlands (Thomas Halliday)

- Your Bookmark on page 5 | location 65 | Added on Saturday, 16 April 2022 17:42:16

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Otherlands (Thomas Halliday)

- Your Bookmark on page 6 | location 88 | Added on Saturday, 16 April 2022 17:42:40

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Otherlands (Thomas Halliday)

- Your Highlight on page 7 | location 103-104 | Added on Saturday, 16 April 2022 17:44:31

As the glaciers advanced, they diverted its course, and the Thames now enters the sea more than 100 miles south of where it used to flow. From

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Otherlands (Thomas Halliday)

- Your Highlight on page 7 | location 103-104 | Added on Saturday, 16 April 2022 17:44:35

As the glaciers advanced, they diverted its course, and the Thames now enters the sea more than 100 miles south of where it used to flow.

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Otherlands (Thomas Halliday)

- Your Highlight on page 9 | location 131-131 | Added on Saturday, 16 April 2022 17:50:48

words appear: “My name is Ozymandias, king of kings; Look on my works,

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Otherlands (Thomas Halliday)

- Your Highlight on page 9 | location 130-131 | Added on Saturday, 16 April 2022 17:52:21

pedestal these words appear: “My name is Ozymandias, king of kings; Look on my works,

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Otherlands (Thomas Halliday)

- Your Highlight on page 15 | location 228-230 | Added on Saturday, 16 April 2022 18:00:18

Many parts of the natural world we take for granted today are relatively recent arrivals. Grasses, the main component of the largest ecosystems of the planet today, only arose at the very end of the Cretaceous, less than 70 million years ago, as rare parts of the forests of India and South America. Grass-dominated ecosystems did not emerge until about 40 million years before the present.

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Otherlands (Thomas Halliday)

- Your Highlight on page 15 | location 228-231 | Added on Saturday, 16 April 2022 18:01:03

Many parts of the natural world we take for granted today are relatively recent arrivals. Grasses, the main component of the largest ecosystems of the planet today, only arose at the very end of the Cretaceous, less than 70 million years ago, as rare parts of the forests of India and South America. Grass-dominated ecosystems did not emerge until about 40 million years before the present. There were never dinosaur grasslands, and, in the northern hemisphere, grass simply did not exist.

==========

Otherlands (Thomas Halliday)

- Your Highlight on page 16 | location 235-237 | Added on Saturday, 16 April 2022 18:01:58

Jurassic creatures like Diplodocus not only did not see grasses, but never saw a flower either; the flowering plants only diversified in the middle Cretaceous.[7]

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Otherlands (Thomas Halliday)

- Your Highlight on page 51 | location 772-772 | Added on Saturday, 16 April 2022 20:06:44

crop plants from grasses like maize, sorghum and sugar cane to amaranths

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Otherlands (Thomas Halliday)

- Your Highlight on page 76 | location 1162-1167 | Added on Saturday, 16 April 2022 20:53:47

The Maltese-Sicilian sill is a vast natural dam, a barrier between the two deepest basins in the Mediterranean Sea. Across its wide expanse are now scattered sea-lakes. As seawater begins to spill over the dam, the eastern basin will be filled by the greatest waterfall ever to have graced the Earth. It is 1,500 metres – nearly a mile – high, one and a half times the height of the modern-day Angel Falls in Venezuela. The water pours over the escarpment at speeds of 100 miles per hour, and much of it turns to mist before it even reaches the ground. Unlike the Straits of Gibraltar, where the descent into the western Mediterranean basin is gradual, weir-like, this is a true, sheer drop, where the force of an entire ocean is channelled into a single, 5-kilometre-wide site.

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Otherlands (Thomas Halliday)

- Your Highlight on page 148 | location 2262-2266 | Added on Sunday, 17 April 2022 11:12:12

In the water, in the shadow of the cypress, are little stems bearing long, pointed seed pods and brush-like clusters of yellow filaments, bunched into the air. Beneath, in pale green, wispy leaves wave, and fresh stems grow towards the surface, ending in rounded, underdeveloped versions of the shapes above. This unassuming water plant is part of a sexual revolution, and one which will change the appearance of the Earth’s ecosystems for ever. It is among the first flowers on the planet. The flowers, emerging lily-like from the water, are bisexual, with both male and female tissues on one single stem, unlike most gymnosperms.

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Otherlands (Thomas Halliday)

- Your Highlight on page 173 | location 2647-2653 | Added on Sunday, 17 April 2022 12:23:15

The growth is like that of a city, and life flocks to the reef, as it creates crannies and cubbies for other life forms to thrive in. Sponges are extraordinarily efficient at capturing nutrients on which others will ultimately feed, and so these become diverse metropolises, fringing the northern margins of the Tethys. From Poland in the east to Oklahoma in the west, they cover a length of about 7,000 kilometres of ocean floor. At three times the length of the Great Barrier Reef, these silicon constructions are the largest biological structures ever to have existed.[14] In the space above the sponge altar, ridged,

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Otherlands (Thomas Halliday)

- Your Highlight on page 173 | location 2647-2652 | Added on Sunday, 17 April 2022 12:23:22

The growth is like that of a city, and life flocks to the reef, as it creates crannies and cubbies for other life forms to thrive in. Sponges are extraordinarily efficient at capturing nutrients on which others will ultimately feed, and so these become diverse metropolises, fringing the northern margins of the Tethys. From Poland in the east to Oklahoma in the west, they cover a length of about 7,000 kilometres of ocean floor. At three times the length of the Great Barrier Reef, these silicon constructions are the largest biological structures ever to have existed.[14]

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Otherlands (Thomas Halliday)

- Your Highlight on page 174 | location 2661-2662 | Added on Sunday, 17 April 2022 12:25:26

and carbonate ions foraged from the raw seas and secreted, exuded,

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Otherlands (Thomas Halliday)

- Your Highlight on page 222 | location 3402-3403 | Added on Sunday, 17 April 2022 16:08:50

into these new braided channels would make the river more alkaline,

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Otherlands (Thomas Halliday)

- Your Highlight on page 259 | location 3964-3966 | Added on Sunday, 17 April 2022 17:22:25

There is certainly plenty of ocean floor in which it could happen. Today, 71 per cent of the Earth’s surface is salt water, and the average depth of those seas and oceans is 3,700 metres. Even including the tallest mountains and highest plateaus, the average altitude of the Earth’s surface today is more than 2 kilometres below sea level.

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The Founders (Jimmy Soni)

- Your Bookmark on page 498 | location 7628 | Added on Sunday, 17 April 2022 21:50:46

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The Founders (Jimmy Soni)

- Your Bookmark on page 504 | location 7726 | Added on Monday, 18 April 2022 08:16:00

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The Founders (Jimmy Soni)

- Your Bookmark on page 510 | location 7819 | Added on Monday, 18 April 2022 11:41:14

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The Founders (Jimmy Soni)

- Your Highlight on page 91 | location 1387-1390 | Added on Monday, 18 April 2022 11:55:00

Engineer Santosh Janardhan didn’t join the PayPal team until 2001, but he got a fast education in how the company’s senior leaders trusted even fresh hires. In the first few hours of his first day on the database team, Janardhan was given the root password for PayPal’s database. “[His boss, Paul Tuckfield,] was like, ‘Play around with it and let me know if you have questions.’ ”

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The Founders (Jimmy Soni)

- Your Bookmark on page 524 | location 8031 | Added on Monday, 18 April 2022 12:44:48

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The Founders (Jimmy Soni)

- Your Highlight on page 126 | location 1929-1931 | Added on Monday, 18 April 2022 12:50:16

“Near the end of the interview, [Musk] said, ‘I want you to understand this is a start-up company, and a lot is going to be expected of you. Like you can’t just come in and work a forty-hour workweek. I expect really long hours until we succeed, and you’re going to be asked to do the impossible.’

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The Founders (Jimmy Soni)

- Your Bookmark on page 532 | location 8146 | Added on Monday, 18 April 2022 13:12:35

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The Founders (Jimmy Soni)

- Your Bookmark on page 552 | location 8451 | Added on Monday, 18 April 2022 15:30:56

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The Founders (Jimmy Soni)

- Your Bookmark on page 558 | location 8551 | Added on Monday, 18 April 2022 16:33:54

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The Founders (Jimmy Soni)

- Your Bookmark on page 567 | location 8688 | Added on Monday, 18 April 2022 17:57:14

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The Founders (Jimmy Soni)

- Your Bookmark on page 580 | location 8889 | Added on Monday, 18 April 2022 19:34:25

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The Founders (Jimmy Soni)

- Your Bookmark on page 584 | location 8951 | Added on Monday, 18 April 2022 19:46:42

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The Founders (Jimmy Soni)

- Your Bookmark on page 588 | location 9012 | Added on Monday, 18 April 2022 21:23:00

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The Founders (Jimmy Soni)

- Your Bookmark on page 592 | location 9074 | Added on Monday, 18 April 2022 21:46:16

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The Founders (Jimmy Soni)

- Your Bookmark on page 597 | location 9142 | Added on Tuesday, 19 April 2022 08:19:23

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The Founders (Jimmy Soni)

- Your Bookmark on page 601 | location 9208 | Added on Tuesday, 19 April 2022 13:57:06

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The Founders (Jimmy Soni)

- Your Bookmark on page 609 | location 9335 | Added on Tuesday, 19 April 2022 17:47:29

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The Founders (Jimmy Soni)

- Your Bookmark on page 613 | location 9399 | Added on Tuesday, 19 April 2022 18:48:01

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Being You: A New Science of Consciousness (Anil Seth)

- Your Highlight on page 292 | location 4470-4470 | Added on Sunday, 24 April 2022 15:59:22

koalas sleep for about twenty-two hours each day

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Blindsight (Matt Johnson)

- Your Bookmark on page 10 | location 151 | Added on Sunday, 24 April 2022 21:21:16

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Blindsight (Matt Johnson)

- Your Highlight on page 237 | location 3623-3629 | Added on Tuesday, 26 April 2022 19:22:08

midliminal primes can therefore be more potent than you might assume. Think of all the watch advertisements you’ve seen in your life. Across all of the different brands and models, have you noticed any particular pattern? The hands of the watch are typically always set at the same time: 10:10. This isn’t a coincidence; all of those photo shoots didn’t just happen to be scheduled for the same time of day. This is deliberate design. The 10:10 position makes the hands of the clock look as if the clock is “smiling.” And this is not simply watch-industry superstition, either. In controlled studies,8 positioning the hands of a clock at 10:10, compared to a neutral time like 11:30, leads to a significant positive effect on the viewer’s emotions, and an increase in their willingness to buy.

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Blindsight (Matt Johnson)

- Your Highlight on page 237 | location 3623-3629 | Added on Tuesday, 26 April 2022 19:22:38

Think of all the watch advertisements you’ve seen in your life. Across all of the different brands and models, have you noticed any particular pattern? The hands of the watch are typically always set at the same time: 10:10. This isn’t a coincidence; all of those photo shoots didn’t just happen to be scheduled for the same time of day. This is deliberate design. The 10:10 position makes the hands of the clock look as if the clock is “smiling.” And this is not simply watch-industry superstition, either. In controlled studies,8 positioning the hands of a clock at 10:10, compared to a neutral time like 11:30, leads to a significant positive effect on the viewer’s emotions, and an increase in their willingness to

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The Third Pole (Mark Synnott)

- Your Bookmark at location 101 | Added on Sunday, 1 May 2022 10:48:01

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The Third Pole (Mark Synnott)

- Your Highlight at location 2323-2324 | Added on Sunday, 1 May 2022 18:55:39

1823, his work was picked up by his assistant, George Everest. In his book Into the Silence, Wade Davis describes Everest, whose

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The Third Pole (Mark Synnott)

- Your Highlight at location 2354-2355 | Added on Sunday, 1 May 2022 18:57:20

the The Great Arc, John Keay notes that “other than as convenient

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The Third Pole (Mark Synnott)

- Your Bookmark at location 6807 | Added on Sunday, 1 May 2022 20:07:17

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The Third Pole (Mark Synnott)

- Your Bookmark at location 6858 | Added on Sunday, 1 May 2022 21:06:43

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The Third Pole (Mark Synnott)

- Your Highlight at location 2354-2355 | Added on Sunday, 1 May 2022 21:36:30

attempted.” In the The Great Arc, John Keay notes that “other than as convenient

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The Third Pole (Mark Synnott)

- Your Bookmark at location 7072 | Added on Monday, 2 May 2022 12:35:40

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The Third Pole (Mark Synnott)

- Your Bookmark at location 7133 | Added on Monday, 2 May 2022 13:11:39

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The Great Arc (John Keay)

- Your Bookmark on page 6 | location 86 | Added on Wednesday, 4 May 2022 19:09:56

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The Great Arc (John Keay)

- Your Highlight on page 29 | location 445-446 | Added on Wednesday, 4 May 2022 19:44:52

Invitingly titled ‘Observations on the Theory of Walls’, it demonstrated that for any fortifying wall there was an optimum depth of foundation which it was mathematically pointless to exceed.

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The Great Arc (John Keay)

- Your Highlight on page 29 | location 444-446 | Added on Wednesday, 4 May 2022 19:45:58

leading academic publication. Invitingly titled ‘Observations on the Theory of Walls’, it demonstrated that for any fortifying wall there was an optimum depth of foundation which it was mathematically pointless to exceed.

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Butler to the World: The Book the Oligarchs Don’t Want You to Read - How Britain Became the Servant of Tycoons, Tax Dodgers, Kleptocrats and Criminals (Oliver Bullough)

- Your Bookmark at location 3422 | Added on Saturday, 7 May 2022 18:13:43

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Butler to the World: The Book the Oligarchs Don’t Want You to Read - How Britain Became the Servant of Tycoons, Tax Dodgers, Kleptocrats and Criminals (Oliver Bullough)

- Your Highlight at location 653-655 | Added on Saturday, 7 May 2022 19:20:24

I read a few years ago about a farmer in Ireland in the 1960s whose land holdings straddled the border between the Republic and the North. He had a petrol tank built with two access points, one on each side of the frontier. He would pour petrol in on the side where it was cheaper, then take it out and resell it on the side where it was more expensive.

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Butler to the World: The Book the Oligarchs Don’t Want You to Read - How Britain Became the Servant of Tycoons, Tax Dodgers, Kleptocrats and Criminals (Oliver Bullough)

- Your Bookmark at location 3445 | Added on Saturday, 7 May 2022 19:38:44

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Butler to the World: The Book the Oligarchs Don’t Want You to Read - How Britain Became the Servant of Tycoons, Tax Dodgers, Kleptocrats and Criminals (Oliver Bullough)

- Your Bookmark at location 3458 | Added on Saturday, 7 May 2022 22:30:54

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Butler to the World: The Book the Oligarchs Don’t Want You to Read - How Britain Became the Servant of Tycoons, Tax Dodgers, Kleptocrats and Criminals (Oliver Bullough)

- Your Bookmark at location 3481 | Added on Sunday, 8 May 2022 12:27:07

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Butler to the World: The Book the Oligarchs Don’t Want You to Read - How Britain Became the Servant of Tycoons, Tax Dodgers, Kleptocrats and Criminals (Oliver Bullough)

- Your Bookmark at location 3493 | Added on Sunday, 8 May 2022 13:50:34

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Butler to the World: The Book the Oligarchs Don’t Want You to Read - How Britain Became the Servant of Tycoons, Tax Dodgers, Kleptocrats and Criminals (Oliver Bullough)

- Your Bookmark at location 3505 | Added on Sunday, 8 May 2022 14:46:11

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Butler to the World: The Book the Oligarchs Don’t Want You to Read - How Britain Became the Servant of Tycoons, Tax Dodgers, Kleptocrats and Criminals (Oliver Bullough)

- Your Bookmark at location 3512 | Added on Sunday, 8 May 2022 15:36:50

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Butler to the World: The Book the Oligarchs Don’t Want You to Read - How Britain Became the Servant of Tycoons, Tax Dodgers, Kleptocrats and Criminals (Oliver Bullough)

- Your Bookmark at location 3519 | Added on Sunday, 8 May 2022 16:01:31

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Butler to the World: The Book the Oligarchs Don’t Want You to Read - How Britain Became the Servant of Tycoons, Tax Dodgers, Kleptocrats and Criminals (Oliver Bullough)

- Your Bookmark at location 3390 | Added on Sunday, 8 May 2022 16:15:35

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Choose Possibility (Sukhinder Singh Cassidy)

- Your Bookmark on page 236 | location 3606 | Added on Thursday, 12 May 2022 19:42:26

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Choose Possibility (Sukhinder Singh Cassidy)

- Your Bookmark on page 238 | location 3645 | Added on Thursday, 12 May 2022 20:17:08

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Choose Possibility (Sukhinder Singh Cassidy)

- Your Highlight on page 53 | location 805-806 | Added on Thursday, 12 May 2022 20:20:53

Before I started at Sky, my roommate Laura and I tossed out new business ideas to one another, just for the fun of it.

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Choose Possibility (Sukhinder Singh Cassidy)

- Your Bookmark on page 241 | location 3686 | Added on Thursday, 12 May 2022 20:34:05

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Choose Possibility (Sukhinder Singh Cassidy)

- Your Bookmark on page 244 | location 3727 | Added on Thursday, 12 May 2022 20:50:06

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Choose Possibility (Sukhinder Singh Cassidy)

- Your Bookmark on page 247 | location 3784 | Added on Friday, 13 May 2022 21:00:16

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Choose Possibility (Sukhinder Singh Cassidy)

- Your Bookmark on page 249 | location 3817 | Added on Friday, 13 May 2022 21:23:44

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Choose Possibility (Sukhinder Singh Cassidy)

- Your Bookmark on page 251 | location 3837 | Added on Friday, 13 May 2022 21:43:59

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Choose Possibility (Sukhinder Singh Cassidy)

- Your Bookmark on page 254 | location 3889 | Added on Saturday, 14 May 2022 13:35:04

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The Perfectionists (Simon Winchester)

- Your Highlight on page 55 | location 842-843 | Added on Sunday, 15 May 2022 14:52:09

in Bersham, asked for an engine to be built for him, to act as a bellows

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The Perfectionists (Simon Winchester)

- Your Highlight on page 55 | location 842-843 | Added on Sunday, 15 May 2022 14:52:12

in Bersham, asked for an engine to be built for him, to act as a bellows

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3871 | Added on Tuesday, 17 May 2022 19:14:36

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Highlight at location 378-379 | Added on Tuesday, 17 May 2022 19:24:51

The Beagle was anchored in the bay of one of these small fishing villages, the only one for leagues with a harbor of any size, a place called Iquique.

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Highlight at location 394-395 | Added on Tuesday, 17 May 2022 19:28:04

What mattered in the Tarapacá in 1835 was not politics but survival. It rained in Iquique about once every twenty years. No crops could grow.

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3884 | Added on Tuesday, 17 May 2022 19:31:41

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3895 | Added on Tuesday, 17 May 2022 20:16:34

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3907 | Added on Tuesday, 17 May 2022 20:47:21

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3918 | Added on Wednesday, 18 May 2022 19:14:25

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3930 | Added on Wednesday, 18 May 2022 19:34:43

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3941 | Added on Wednesday, 18 May 2022 19:48:15

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3836 | Added on Wednesday, 18 May 2022 20:02:25

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3963 | Added on Saturday, 21 May 2022 17:55:06

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3974 | Added on Saturday, 21 May 2022 20:40:56

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The Alchemy of Air: A Jewish Genius, a Doomed Tycoon, and the Scientific Discovery That Fed the World but Fueled the Rise of Hitler (Thomas Hager)

- Your Bookmark at location 3986 | Added on Saturday, 21 May 2022 21:50:38

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The Invention of Nature (Andrea Wulf)

- Your Bookmark on page 1 | location 10 | Added on Sunday, 22 May 2022 10:26:45

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The Invention of Nature (Andrea Wulf)

- Your Highlight on page 122 | location 1862-1866 | Added on Sunday, 22 May 2022 21:04:38

As Humboldt had moved south along the Andes from Bogotá to Quito, coming closer to the Equator, he had measured how the earth’s magnetic field decreased. To his surprise, even after they had crossed the Equator near Quito the intensity of the magnetic field had continued to drop, until they reached the barren Cajamarca Plateau in Peru which was more than 7 degrees and about 500 miles south of the geographic Equator. It was only here that the needle turned from north to south: Humboldt had discovered the magnetic equator.

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The Invention of Nature (Andrea Wulf)

- Your Bookmark on page 390 | location 5974 | Added on Tuesday, 24 May 2022 19:30:12

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Dirt: The Erosion of Civilizations (David R. Montgomery)

- Your Highlight on page 24 | location 361-361 | Added on Sunday, 29 May 2022 19:49:50

so much? Darwin and his contemporaries didn't know about isostasy—

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Dirt: The Erosion of Civilizations (David R. Montgomery)

- Your Highlight on page 48 | location 735-736 | Added on Sunday, 29 May 2022 21:49:19

Cattle were first domesticated in Greece or the Balkans about 6000 B.C

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Dirt: The Erosion of Civilizations (David R. Montgomery)

- Your Highlight on page 49 | location 740-741 | Added on Sunday, 29 May 2022 21:53:02

Sheep and cattle turn parts of plants we can't eat into milk and meat.

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The Spy and the Traitor (Ben Macintyre)

- Your Bookmark on page 7 | location 105 | Added on Saturday, 4 June 2022 15:45:45

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The Spy and the Traitor (Ben Macintyre)

- Your Bookmark on page 392 | location 6004 | Added on Saturday, 4 June 2022 17:31:33

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The Spy and the Traitor (Ben Macintyre)

- Your Bookmark on page 398 | location 6090 | Added on Saturday, 4 June 2022 20:20:54

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The Spy and the Traitor (Ben Macintyre)

- Your Bookmark on page 404 | location 6183 | Added on Sunday, 5 June 2022 12:04:28

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The Spy and the Traitor (Ben Macintyre)

- Your Bookmark on page 407 | location 6226 | Added on Sunday, 5 June 2022 19:09:41

==========

Curious (Ian Leslie)

- Your Highlight on page 52 | location 796-797 | Added on Monday, 6 June 2022 19:10:20

Is the desire to know more about the religious rituals of Mayan civilisation really the same as the desire to know what Ryan Gosling looks like with his clothes off?

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Curious (Ian Leslie)

- Your Bookmark on page 214 | location 3268 | Added on Monday, 6 June 2022 21:38:51

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Curious (Ian Leslie)

- Your Bookmark on page 214 | location 3279 | Added on Monday, 6 June 2022 21:58:51

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Curious (Ian Leslie)

- Your Bookmark on page 215 | location 3293 | Added on Tuesday, 7 June 2022 08:20:50

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Constantinople: The Last Great Siege, 1453 (Roger Crowley)

- Your Bookmark at location 110 | Added on Monday, 13 June 2022 20:19:06

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Nine Pints (Rose George)

- Your Highlight on page 77 | location 1176-1177 | Added on Thursday, 16 June 2022 19:48:23

In a room where we had our French-language classes, behind glass that was rumored to be bulletproof, there was also a bust of Margaret Thatcher, a former chemistry undergraduate.

==========

Nine Pints (Rose George)

- Your Highlight on page 221 | location 3375-3379 | Added on Saturday, 18 June 2022 09:41:56

Other species don’t bother menstruating because they retain their womb lining. We are in a minority among species, and among mammals, to bleed every month. The only other animals known to menstruate are apes, Old World monkeys, the elephant shrew, and four varieties of bat including Desmodus rotundus9 (which I cite because it is a vampire

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Nine Pints (Rose George)

- Your Highlight on page 221 | location 3375-3379 | Added on Saturday, 18 June 2022 09:42:01

Other species don’t bother menstruating because they retain their womb lining. We are in a minority among species, and among mammals, to bleed every month. The only other animals known to menstruate are apes, Old World monkeys, the elephant shrew, and four varieties of bat including Desmodus rotundus9 (which I cite because it is a vampire bat, and its name means “two-thirds of the way around”).

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Money Men: A Hot Startup, a Billion Dollar Fraud, a Fight for the Truth (Dan McCrum)

- Your Bookmark on page 3 | location 38 | Added on Sunday, 19 June 2022 16:49:21

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Money Men: A Hot Startup, a Billion Dollar Fraud, a Fight for the Truth (Dan McCrum)

- Your Highlight on page 21 | location 317-321 | Added on Sunday, 19 June 2022 17:21:03

they issued. Do not pass go, do not collect the gambler’s £200. To identify and block these transactions they used two key pieces of information which were attached to every payment on the Visa and Mastercard networks. One was the unique Merchant ID (MID), which identified the business taking the payment. The other was the Merchant Category Code, which described the type of commerce involved. Online gambling was coded 7995, and those four numbers represented a serious challenge, both to processing payments and to Wirecard’s business model.

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Money Men: A Hot Startup, a Billion Dollar Fraud, a Fight for the Truth (Dan McCrum)

- Your Highlight on page 21 | location 317-320 | Added on Sunday, 19 June 2022 17:21:32

To identify and block these transactions they used two key pieces of information which were attached to every payment on the Visa and Mastercard networks. One was the unique Merchant ID (MID), which identified the business taking the payment. The other was the Merchant Category Code, which described the type of commerce involved. Online gambling was coded 7995, and those four numbers represented a serious challenge,

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Money Men: A Hot Startup, a Billion Dollar Fraud, a Fight for the Truth (Dan McCrum)

- Your Highlight on page 21 | location 317-321 | Added on Sunday, 19 June 2022 17:21:37

To identify and block these transactions they used two key pieces of information which were attached to every payment on the Visa and Mastercard networks. One was the unique Merchant ID (MID), which identified the business taking the payment. The other was the Merchant Category Code, which described the type of commerce involved. Online gambling was coded 7995, and those four numbers represented a serious challenge, both to processing payments and to Wirecard’s business model.

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Money Men: A Hot Startup, a Billion Dollar Fraud, a Fight for the Truth (Dan McCrum)

- Your Highlight on page 112 | location 1706-1707 | Added on Tuesday, 21 June 2022 19:04:18

Ingenico, a rather pedestrian French payments company which specialized in the credit card machines found on shop countertops, was going to bid for Wirecard.

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The Attention Merchants: The Epic Scramble to Get Inside Our Heads (Tim Wu)

- Your Highlight on page 78 | location 1187-1193 | Added on Saturday, 25 June 2022 18:49:30

On the strength of her Woodbury’s advertisements and other achievements, Landsowne, after the war, was asked to run a new Women’s Editorial Department at J. Walter Thompson in New York, the largest firm in the United States and the most obsessed with scientific advertising. (Its president, Stanley Resor, also asked for Helen’s hand in marriage.) This amounted to a “scientific” or at least institutionalized effort to develop the art and science of targeting women by designating an entire department to understand their wants and needs. The new department was staffed entirely by women—“Lady Persuaders”—who were physically segregated from the rest of editorial, with their own office space, accounts, and even distinct style manual; they were asked to wear hats to distinguish themselves from female secretaries.

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The Attention Merchants: The Epic Scramble to Get Inside Our Heads (Tim Wu)

- Your Highlight on page 152 | location 2318-2319 | Added on Sunday, 26 June 2022 08:45:53

Stated differently, Hitler was not just selling a choice, but a comprehensive vision of reality.

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The Attention Merchants: The Epic Scramble to Get Inside Our Heads (Tim Wu)

- Your Highlight on page 152 | location 2316-2317 | Added on Sunday, 26 June 2022 08:46:31

True propaganda, by contrast, aims to obliterate that marketplace and the choices as such, by making them seem unthinkable or nonexistent.

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The Attention Merchants: The Epic Scramble to Get Inside Our Heads (Tim Wu)

- Your Highlight on page 152 | location 2323-2326 | Added on Sunday, 26 June 2022 08:47:20

That this itself can serve as a kind of carrot is often lost amid liberal idealism, which can overestimate how deep our devotion to choice really runs. Choice may be the cornerstone of individual freedom but, as the history of humanity shows, the urge to surrender to something larger and to transcend the self can be just as urgent, if not more so. The greatest propagandists and advertisers have always understood this.

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The Attention Merchants: The Epic Scramble to Get Inside Our Heads (Tim Wu)

- Your Highlight on page 203 | location 3110-3112 | Added on Sunday, 26 June 2022 13:15:25

The most confident among the advertisers knew that the 1960s would not extinguish consumerism, for a simple reason: desire’s most natural endpoint is consumption, and advertisers, after honing their art for half a century, knew how to convert all manner of desire into demand for products.

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The Elegant Universe: Superstrings, Hidden Dimensions, and the Quest for the Ultimate Theory (Brian Greene)

- Your Highlight at location 1955-1956 | Added on Monday, 27 June 2022 07:52:46

of space? Everything. Literally. Energy (and momentum as well) is the ultimate convertible currency. E = mc 2 tells us that energy can be turned into matter and vice

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The Elegant Universe: Superstrings, Hidden Dimensions, and the Quest for the Ultimate Theory (Brian Greene)

- Your Highlight at location 4806-4811 | Added on Tuesday, 28 June 2022 19:30:23

At Strings ‘95, Witten argued that if we start with the Type IIA string and increase its coupling constant from a value much less than 1 to a value much greater than 1, the physics we are still able to analyze (essentially that of the BPS saturated configurations) has a low-energy approximation that is eleven-dimensional supergravity. When Witten announced this discovery, it stunned the audience and it has since rocked the string theory community. For almost everyone in the field, it was a completely unexpected development. Your first reaction to this result may echo that of most experts in the field: How can a theory specific to eleven dimensions be relevant to a different theory in ten?

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The Comfort Crisis: Embrace Discomfort to Reclaim Your Wild, Happy, Healthy Self (Michael Easter)

- Your Highlight on page 145 | location 2211-2213 | Added on Wednesday, 29 June 2022 21:07:25

started by asking the same softball question I’d asked every source I’d interviewed for the story: “Why is processed food so unhealthy?” He looked at me like you might a person who believes the world is flat. “Is it, though?”

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Full Gas (Peter Cossins)

- Your Highlight at location 1314-1314 | Added on Saturday, 2 July 2022 21:22:18

ahead of the race with devices ranging from simple flags to anemometers

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Ghost on the Throne (James Romm)

- Your Bookmark on page 113 | location 1720 | Added on Monday, 4 July 2022 22:07:25

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Ghost on the Throne (James Romm)

- Your Bookmark on page 371 | location 5676 | Added on Monday, 4 July 2022 22:11:41

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Ghost on the Throne (James Romm)

- Your Bookmark on page 379 | location 5804 | Added on Tuesday, 5 July 2022 08:26:53

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Ghost on the Throne (James Romm)

- Your Highlight on page 225 | location 3443-3444 | Added on Thursday, 7 July 2022 20:11:41

But when a leader has failed, the very qualities that made him a leader suddenly appear as flaws.

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Ghost on the Throne (James Romm)

- Your Bookmark on page 407 | location 6241 | Added on Thursday, 7 July 2022 21:59:32

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Ghost on the Throne (James Romm)

- Your Bookmark on page 413 | location 6327 | Added on Friday, 8 July 2022 18:16:48

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Big Bang (Simon Singh)

- Your Highlight at location 1114-1114 | Added on Sunday, 10 July 2022 19:15:16

Bellarmine: ‘To assert that the Earth revolves around the Sun is as erroneous

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Big Bang (Simon Singh)

- Your Highlight at location 4282-4287 | Added on Tuesday, 12 July 2022 19:47:24

Keen to announce their breakthrough, Gamow and Alpher set out their calculations and conclusions in a formal paper entitled ‘The Origin of Chemical Elements’, and submitted it to the journal Physical Review. It was due for publication on 1 April 1948, and perhaps this was what spurred Gamow to do something he had been secretly considering for many months. Gamow was a close friend of Hans Bethe, who was famous for his work on stellar nuclear reactions, and he wanted to add Bethe’s name to the list of authors, even though he had contributed nothing to this particular research paper. His motivation for adding the extra name was that readers could enjoy the sight of a paper authored by Alpher, Bethe and Gamow, a pun on the Greek letters alpha (α), beta (β) and gamma (γ).

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Racing Through the Dark: Crash. Burn. Coming Clean. Coming Back. (David Millar)

- Your Highlight on page 299 | location 4237-4239 | Added on Thursday, 14 July 2022 15:49:52

This had all seemed a bit strange—I didn’t give it much more thought. After all, I was hoping to be signing for one of the bigger teams in cycling when my Saunier Duval contract ended—not a small, slightly kooky, argyle-clad outfit, filled with American kids and managed by a man who had nothing to do with the European establishment.

==========

Nothing: A Very Short Introduction (Frank Close;Ray Chase)

- Your Highlight on page 41 | location 627-628 | Added on Friday, 15 July 2022 20:55:18

The ancient Greeks had already been aware of some of these, such as the unusual ability of amber (electron is the Greek for amber)

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Particle Physics: A Very Short Introduction (Frank Close;Professor Frank Close)

- Your Highlight on page 26 | location 387-390 | Added on Sunday, 17 July 2022 21:59:49

Even if you have heard of them, you are unlikely to have come into contact with any, as it is estimated that there is less than an ounce of astatine in the Earth’s crust, and as for francium it has even been claimed that at any instant there are at most 20 atoms of it around. An atom is the smallest piece of an element

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Particle Physics: A Very Short Introduction (Frank Close;Professor Frank Close)

- Your Highlight on page 26 | location 387-389 | Added on Sunday, 17 July 2022 21:59:54

Even if you have heard of them, you are unlikely to have come into contact with any, as it is estimated that there is less than an ounce of astatine in the Earth’s crust, and as for francium it has even been claimed that at any instant there are at most 20 atoms of it around.

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Particle Physics: A Very Short Introduction (Frank Close;Professor Frank Close)

- Your Highlight on page 26 | location 386-389 | Added on Sunday, 17 July 2022 22:00:10

The numbers are vast and the names of oxygen and carbon are in everyone’s lexicon. Contrast this with astatine or francium. Even if you have heard of them, you are unlikely to have come into contact with any, as it is estimated that there is less than an ounce of astatine in the Earth’s crust, and as for francium it has even been claimed that at any instant there are at most 20 atoms of it around.

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Particle Physics: A Very Short Introduction (Frank Close;Professor Frank Close)

- Your Bookmark on page 31 | location 463 | Added on Sunday, 17 July 2022 22:06:26

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Particle Physics: A Very Short Introduction (Frank Close;Professor Frank Close)

- Your Bookmark on page 31 | location 468 | Added on Sunday, 17 July 2022 22:07:29

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Slaying the Badger: LeMond, Hinault and the Greatest Ever Tour De France (Richard Moore)

- Your Highlight on page 309 | location 4729-4734 | Added on Monday, 18 July 2022 18:39:36

Today, Hinault’s arena, his boxing ring, would be one of the greatest in the Tour: Alpe d’Huez. This was the stage everyone had been looking forward to. It would be packed with fans, from bottom to top, many of them French, most rooting for Hinault. It could be an intimidating place at the best of times. ‘People didn’t clear a path until the last second,’ as Andy Hampsten, who, six years later, would win at the summit of the Alpe, said. ‘I felt like I was going at sixty kilometers an hour. The sensation of passing through such a narrow opening in the crowd was the most beautiful and emotional thing I’ve ever experienced in my life.’ But the sheer number of spectators, their proximity to the

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Elusive (Frank Close)

- Your Highlight on page 12 | location 184-189 | Added on Thursday, 21 July 2022 20:56:09

All atomic particles belong to one of two families: fermions or bosons. The names honour two scientists, Enrico Fermi and Satyendra Bose, who in the early days of quantum mechanics studied how particles behave when in large groups. Fermions are the basic seeds of matter, such as electrons or quarks, which in quantum mechanics are like cuckoos: two in the same nest are forbidden. Bosons are like penguins: large numbers cooperate as a colony. Bosons can accumulate into the lowest possible energy state—an effect known as Bose-Einstein condensation, after the two scientists whose work explains this phenomenon.

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Elusive (Frank Close)

- Your Highlight on page 135 | location 2063-2064 | Added on Saturday, 23 July 2022 08:05:32

The neutrino responds only to the weak force, and the electron feels both weak and electromagnetic forces, but neither responds to the strong force. Particles that are blind to the strong nuclear force are known collectively as leptons;

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Elusive (Frank Close)

- Your Highlight on page 135 | location 2063-2064 | Added on Saturday, 23 July 2022 08:05:40

The neutrino responds only to the weak force, and the electron feels both weak and electromagnetic forces, but neither responds to the strong force. Particles that are blind to the strong nuclear force are known collectively as leptons; those that feel it are called hadrons.

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Elusive (Frank Close)

- Your Highlight on page 184 | location 2807-2811 | Added on Sunday, 24 July 2022 13:05:03

It was then that British physicists suddenly found an unexpected ally in their science minister, William Waldegrave, a politician blessed with intellect and a profound wonder about science. Waldegrave’s parliamentary constituency was Bristol West, the town of Peter Higgs’ youth and scientific awakening at Cotham School. A wave of publicity about the LHC, and of excitement that if it discovered the Higgs boson a son of Bristol might win a Nobel Prize, spread outwards into national attention.

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Etape (Richard Moore)

- Your Highlight on page 227 | location 3480-3481 | Added on Sunday, 24 July 2022 19:20:11

In Wheelmen, the 2013 book about Armstrong’s downfall,

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Antimatter (Frank Close)

- Your Bookmark on page 1 | location 15 | Added on Sunday, 24 July 2022 21:37:45

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Antimatter (Frank Close)

- Your Highlight on page 28 | location 417-420 | Added on Monday, 25 July 2022 07:57:28

The earth takes a year to orbit the sun, and has done so for over four billion years without harm. Contrast this with the electron in a hydrogen atom, which is apparently orbiting around the central proton at about one per cent of the speed of light, making some million billion circuits each second. Said another way: in a millionth of a second an electron makes more circuits of the central proton than the earth has made around the sun in its entire history. According

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Antimatter (Frank Close)

- Your Highlight on page 28 | location 417-420 | Added on Monday, 25 July 2022 07:57:34

The earth takes a year to orbit the sun, and has done so for over four billion years without harm. Contrast this with the electron in a hydrogen atom, which is apparently orbiting around the central proton at about one per cent of the speed of light, making some million billion circuits each second. Said another way: in a millionth of a second an electron makes more circuits of the central proton than the earth has made around the sun in its entire history.

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Antimatter (Frank Close)

- Your Highlight on page 76 | location 1164-1166 | Added on Monday, 25 July 2022 19:41:01

Moving within 55 metres per hour of the speed of light these positrons would have survived for as long as the electricity powering the magnets kept them away from the walls of the vacuum tube,

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Antimatter (Frank Close)

- Your Highlight on page 76 | location 1164-1166 | Added on Monday, 25 July 2022 19:41:06

Moving within 55 metres per hour of the speed of light these positrons would have survived for as long as the electricity powering the magnets kept them away from the walls of the vacuum tube, or until they collided with stray atoms of gas inside it.

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River of the Gods (Candice Millard)

- Your Bookmark on page 7 | location 102 | Added on Thursday, 28 July 2022 19:35:42

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River of the Gods (Candice Millard)

- Your Bookmark on page 7 | location 107 | Added on Thursday, 28 July 2022 19:36:05

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River of the Gods (Candice Millard)

- Your Bookmark on page 382 | location 5852 | Added on Thursday, 28 July 2022 21:47:22

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The Infinity Puzzle (Frank Close)

- Your Highlight on page 237 | location 3628-3630 | Added on Saturday, 30 July 2022 17:05:15

’t Hooft was now sure that he was on the right track and that spontaneous symmetry breaking could introduce masses without destroying the gauge invariance of Yang-Mills theory and, most important, that it would give finite answers—be renormalizable.

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River of the Gods (Candice Millard)

- Your Bookmark on page 414 | location 6333 | Added on Saturday, 30 July 2022 20:21:42

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River of the Gods (Candice Millard)

- Your Bookmark on page 440 | location 6737 | Added on Saturday, 30 July 2022 20:55:59

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River of the Gods (Candice Millard)

- Your Bookmark on page 462 | location 7082 | Added on Saturday, 30 July 2022 21:37:45

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River of the Gods (Candice Millard)

- Your Bookmark on page 480 | location 7358 | Added on Sunday, 31 July 2022 07:36:56

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River of the Gods (Candice Millard)

- Your Bookmark on page 490 | location 7503 | Added on Sunday, 31 July 2022 07:52:38

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River of the Gods (Candice Millard)

- Your Highlight on page 209 | location 3202-3207 | Added on Sunday, 31 July 2022 07:53:53

Murchison had been chosen as president not only for his geological accomplishments but for his social connections. Soon after its founding in 1830, the Royal Geographical Society had fallen on hard times. In what became known as the “hungry forties,” membership had been so low that the Society’s Council had even considered inviting women to join. They had avoided that extreme measure by doing two things that were nearly as controversial: insisting that members begin paying their dues and, thanks largely to Murchison, shifting the Society’s attention away from the serious but staid work of the scientist in favor of the glamorous world of the explorer.

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The Infinity Puzzle (Frank Close)

- Your Highlight on page 259 | location 3966-3967 | Added on Sunday, 31 July 2022 20:30:36

assistants, Gabriel Karl. Karl explained how all of the myriad of hadrons

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The Infinity Puzzle (Frank Close)

- Your Highlight on page 259 | location 3970-3973 | Added on Sunday, 31 July 2022 20:31:42

The idea of quarks had been born in 1964, independently by two Americans, George Zweig and Murray Gell-Mann. By the 1960s, experiments with cosmic rays and at accelerators had revealed scores of hadrons. In 1962 Gell-Mann found a way of gathering the mushrooming hadrons into families, most famously containing sets of eight. He poetically named his scheme the Eightfold Way after the Buddhist path to truth.

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The Infinity Puzzle (Frank Close)

- Your Highlight on page 377 | location 5776-5818 | Added on Monday, 1 August 2022 19:36:57

counterbalanced at atom’s length, leaving matter in bulk electrically neutral. By the time that QED was born in the 1930s, two further particles had entered the stage. The electrically uncharged neutron, sibling of the proton, and the neutral neutrino, which partners the electron, maintained a hint of symmetry: The proton and neutron are two faces of the “nucleon,” the electron and neutrino forming a dual pair of “leptons.” The beautiful alignment of the electric charges in each of these separate families itself hinted at some further symmetry connecting them all. However, what this might be is even today deeply hidden. Electric charge apart, much else is asymmetric. The neutrino is utterly neutral to electromagnetic forces, whereas the neutron feels intense magnetism: The magnetic poles of a neutron are swapped relative to those of a proton, and some two-thirds as strong. In size and mass also they differ: A nucleon is at least 1,000 times broader and nearly 2,000 times more massive than an electron, while it would take at least 100,000 neutrinos to balance the mass of a single electron. Bjorken’s intervention in 1967, which led to the discovery of lightweight tiny quarks inside the nucleon, also exposed symmetry at this deeper layer of the cosmic onion. The proton and neutron were revealed as compounds, built from “up” and “down” quarks. With electric charges that are respectively +2/3 or −1/3 relative to a proton, these form a pair, whose properties appear much more akin to those of the leptons. Lightweight, with no measurable size, the up and down quarks take on characteristics of leptons, which in the proton and neutron as a whole are hidden. The similarities are so marked that it is as if a quark is a lepton that has been “painted” with any of three colors, electrical charge also being fractionated three ways. That this is the case seems clear; how it is done is not. The mass of bulk matter is dominantly due to the nuclei in its atoms and arises from the energy involved in trapping quarks within the breadth of each nucleon; it is not due to the Higgs Mechanism. By contrast, the mass of the fundamental quarks and leptons may be. The source of their masses is an enigma, but the Higgs Mechanism is the prime suspect as far as theorists are concerned; whether it is indeed responsible is for experiment, and the LHC, to determine. A clue that mass hides some underlying fundamental symmetry is that nature has tripled these various “flavors” of leptons and quarks, differentiating one “generation” from another by their masses. As the up and down quarks form a pair, so do charm and strange, and top and bottom; the electric charges and other properties of these latter pairs are identical to those of up and down, but they are heavier—in some cases much heavier (recall Figure 12.2). The leptons are also tripled. The electron has two heavier, but otherwise similar, counterparts—the muon and tau; there are also three varieties of neutrinos, their masses differing, although their individual magnitudes are not yet known. Forty years of experiments since the theoretical breakthroughs that first set physics on this path hint that there is a fundamental symmetry at work among the particles and forces, but that it is hidden by their masses. It was because this symmetry is empirically hidden—in the case of the (massive) W and Z—that the Infinity Puzzle for the weak interaction was so resistant to being solved. As we have seen, the proof in 1971 that we have a viable theory, built on the assumption that the W and Z acquire their masses due to hidden symmetry, inspires the general belief that this mechanism of hidden symmetry is indeed at work. While the empirical success of ’t Hooft and Veltman’s construction gives indirect support for the belief that the W and Z indeed acquire masses this way, this does not necessarily imply that leptons and quarks do also. To establish if spontaneous symmetry breaking is the source of their masses requires production of the Higgs Boson,2 and then by examination of the debris when it decays, we may determine if its affinity for various members of lepton or quark families is in proportion to their masses. This is why discovery of the Higgs—or its nondiscovery—has become the central question of particle physics today. If it should turn out that we have indeed exposed nature’s fundamental symmetry, and The Mechanism that hides it, we will have found the source of structure in nature. A question that might be troubling you, though, is: “Why?” Why, given a perfect symmetry, with the energy of the Big Bang spawning particles without mass, did nature spoil it? Why are we the result of “nearly symmetry”? To be honest, I don’t know. However, had it not happened, I am sure that we would not be here having this discussion. This is not simply the trivial comment, “If it had been different than it is, then things would have been different.” The reasons are more profound: A universe without asymmetry would not create structures on which life depends. The pathways of life depend on the flow of electric current, the ability of atoms to gain and lose electrons as ions, and for energy to transfer

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Madhouse at the End of the Earth (Julian Sancton)

- Your Bookmark at location 119 | Added on Monday, 1 August 2022 21:23:28

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Madhouse at the End of the Earth (Julian Sancton)

- Your Bookmark at location 125 | Added on Monday, 1 August 2022 21:24:31

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Madhouse at the End of the Earth (Julian Sancton)

- Your Highlight at location 1076-1077 | Added on Tuesday, 2 August 2022 20:16:18

he never missed an occasion to sleep in.) These soirées were bacchanalian

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The Man From the Future: The Visionary Life of John Von Neumann (Ananyo Bhattacharya)

- Your Highlight at location 834-836 | Added on Wednesday, 3 August 2022 19:01:00

Despite his tender years, von Neumann was well equipped for the task. He had lectured Wigner enthusiastically on the delights of set theory on long weekend walks when he was eleven years old. In 1921, the brash seventeen-year-old came to Hilbert’s aid by trying to resolve the crisis that had stumped many of the cleverest mathematicians in the world.

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 16 | Added on Thursday, 4 August 2022 21:33:08

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 311 | Added on Thursday, 4 August 2022 21:33:46

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 22 | Added on Thursday, 4 August 2022 21:45:48

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 312 | Added on Thursday, 4 August 2022 21:46:26

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The Man From the Future: The Visionary Life of John Von Neumann (Ananyo Bhattacharya)

- Your Bookmark at location 1005 | Added on Friday, 5 August 2022 18:07:19

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The Man From the Future: The Visionary Life of John Von Neumann (Ananyo Bhattacharya)

- Your Highlight at location 1158-1169 | Added on Friday, 5 August 2022 18:22:40

the First World War. Berlin was now the wild, decadent capital of the Weimar Republic. A popular ditty among Berliners at the time, ran: Du bist verrückt, mein Kind, Du mußt nach Berlin, Wo die Verrückten sind, Da jehörst de hin. You are crazy, my child, You must go to Berlin, That’s where the crazy are, That’s where you belong.36 The twenty-three-year old lapped it up. The bookish Wigner was also in Berlin but apart from socializing with his fellow Hungarians (Teller, Szilard and von Neumann) and attending the lively physics colloquia, he led a rather monastic existence. Von Neumann, Wigner recollected, lived a very different sort of a life. ‘He was sort of a bon vivant, and went to cabarets and all that.’37

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 29 | Added on Friday, 5 August 2022 19:41:32

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- Your Bookmark on page 313 | Added on Friday, 5 August 2022 19:42:46

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- Your Bookmark on page 41 | Added on Friday, 5 August 2022 20:09:38

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- Your Bookmark on page 315 | Added on Friday, 5 August 2022 20:12:26

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- Your Bookmark on page 43 | Added on Friday, 5 August 2022 20:18:45

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- Your Bookmark on page 44 | Added on Friday, 5 August 2022 20:20:59

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- Your Bookmark on page 316 | Added on Friday, 5 August 2022 20:21:42

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- Your Bookmark on page 47 | Added on Friday, 5 August 2022 20:24:02

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- Your Bookmark on page 48 | Added on Friday, 5 August 2022 20:27:57

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 317 | Added on Friday, 5 August 2022 20:29:07

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 318 | Added on Saturday, 6 August 2022 18:19:02

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 60 | Added on Saturday, 6 August 2022 18:28:22

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- Your Bookmark on page 319 | Added on Saturday, 6 August 2022 18:29:47

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 65 | Added on Saturday, 6 August 2022 18:35:54

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 320 | Added on Saturday, 6 August 2022 18:37:09

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 71 | Added on Saturday, 6 August 2022 18:42:30

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 72 | Added on Saturday, 6 August 2022 18:44:48

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 321 | Added on Saturday, 6 August 2022 18:45:21

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 73 | Added on Saturday, 6 August 2022 18:46:18

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 322 | Added on Saturday, 6 August 2022 18:46:53

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The Man From the Future: The Visionary Life of John Von Neumann (Ananyo Bhattacharya)

- Your Highlight at location 4767-4769 | Added on Sunday, 7 August 2022 13:21:46

The remaining parts are structural. There are struts, and two organs that can cut or fuse struts into larger arrangements. Lastly there is muscle, which contracts when stimulated and can, for instance, bring two struts together for welding or grasping.

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 325 | Added on Sunday, 7 August 2022 16:16:07

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 326 | Added on Sunday, 7 August 2022 16:42:35

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The Hungry Brain (Stephan J. Guyenet, Ph.D.)

- Your Bookmark on page 31 | location 465 | Added on Sunday, 7 August 2022 17:29:18

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 327 | Added on Sunday, 7 August 2022 19:44:34

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 137 | Added on Sunday, 7 August 2022 19:57:32

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 328 | Added on Sunday, 7 August 2022 19:58:55

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 329 | Added on Sunday, 7 August 2022 20:09:38

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 330 | Added on Monday, 8 August 2022 19:35:49

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 148 | Added on Monday, 8 August 2022 19:39:11

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 152 | Added on Monday, 8 August 2022 19:45:32

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 331 | Added on Monday, 8 August 2022 19:48:30

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 163 | Added on Monday, 8 August 2022 20:03:28

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 332 | Added on Monday, 8 August 2022 20:06:03

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The Periodic Table - Its Story - Eric R. Scerri

- Your Highlight on page 174-174 | Added on Monday, 8 August 2022 20:27:28

, they set out to determine its properties. Because the gas was completely inert,

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The Periodic Table - Its Story - Eric R. Scerri

- Your Highlight on page 174-174 | Added on Monday, 8 August 2022 20:27:37

, they set out to determine its properties. Because the gas was completely inert

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The Periodic Table - Its Story - Eric R. Scerri

- Your Highlight on page 174-174 | Added on Monday, 8 August 2022 20:27:44

they set out to determine its properties. Because the gas was completely inert,

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 175 | Added on Monday, 8 August 2022 20:28:13

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 333 | Added on Monday, 8 August 2022 20:28:44

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The Hungry Brain (Stephan J. Guyenet, Ph.D.)

- Your Highlight on page 94 | location 1431-1431 | Added on Monday, 8 August 2022 21:15:34

“Life is a game of turning energy into kids,” says

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The Hungry Brain (Stephan J. Guyenet, Ph.D.)

- Your Highlight on page 94 | location 1431-1431 | Added on Monday, 8 August 2022 21:15:42

“Life is a game of turning energy into

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The Hungry Brain (Stephan J. Guyenet, Ph.D.)

- Your Highlight on page 94 | location 1431-1431 | Added on Monday, 8 August 2022 21:15:47

“Life is a game of turning energy into kids,”

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 187 | Added on Tuesday, 9 August 2022 20:21:46

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 334 | Added on Tuesday, 9 August 2022 20:25:56

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 194 | Added on Tuesday, 9 August 2022 20:40:00

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 336 | Added on Tuesday, 9 August 2022 20:41:08

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 337 | Added on Wednesday, 10 August 2022 17:31:13

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 215 | Added on Wednesday, 10 August 2022 17:55:35

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 338 | Added on Wednesday, 10 August 2022 17:56:18

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 218 | Added on Wednesday, 10 August 2022 18:03:23

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 221 | Added on Wednesday, 10 August 2022 18:10:36

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 222 | Added on Wednesday, 10 August 2022 18:11:27

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 339 | Added on Wednesday, 10 August 2022 18:11:49

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 341 | Added on Wednesday, 10 August 2022 20:58:17

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 342 | Added on Wednesday, 10 August 2022 21:20:45

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 343 | Added on Wednesday, 10 August 2022 21:26:52

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 260 | Added on Wednesday, 10 August 2022 21:37:20

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 345 | Added on Wednesday, 10 August 2022 21:39:17

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 346 | Added on Thursday, 11 August 2022 17:38:33

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 279 | Added on Thursday, 11 August 2022 17:43:11

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 281 | Added on Thursday, 11 August 2022 17:46:02

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 347 | Added on Thursday, 11 August 2022 17:47:06

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 288 | Added on Thursday, 11 August 2022 17:56:41

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 348 | Added on Thursday, 11 August 2022 17:57:40

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 300 | Added on Thursday, 11 August 2022 18:21:32

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The Periodic Table - Its Story - Eric R. Scerri

- Your Bookmark on page 349 | Added on Thursday, 11 August 2022 18:25:18

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Salt, Sugar, Fat: How the Food Giants Hooked Us (Michael Moss)

- Your Highlight on page 51 | location 770-772 | Added on Saturday, 13 August 2022 16:10:35

Noting that people were getting on average 22 teaspoons of added sugar a day, the association urged Americans to cut back. Moderately active women should get no more than 5 teaspoons of sugar—9 for sedentary, middle-aged men—in what nutritionists call “discretionary calories.”

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Salt, Sugar, Fat: How the Food Giants Hooked Us (Michael Moss)

- Your Highlight on page 78 | location 1189-1190 | Added on Saturday, 13 August 2022 21:02:29

National’s patent and saw that it was using a chemical called acetate.

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Salt, Sugar, Fat: How the Food Giants Hooked Us (Michael Moss)

- Your Highlight on page 213 | location 3262-3262 | Added on Monday, 15 August 2022 08:04:24

1928. Velveeta was made directly from milk, milk fat, and the whey

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Salt, Sugar, Fat: How the Food Giants Hooked Us (Michael Moss)

- Your Highlight on page 246 | location 3764-3766 | Added on Monday, 15 August 2022 17:43:49

It was, as Hamish Maxwell said when he retired as the company’s CEO, “a lovely business295, because it’s so relatively easy. Cigarettes have tremendous brand loyalty, you

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Salt, Sugar, Fat: How the Food Giants Hooked Us (Michael Moss)

- Your Highlight on page 246 | location 3764-3767 | Added on Monday, 15 August 2022 17:43:54

It was, as Hamish Maxwell said when he retired as the company’s CEO, “a lovely business295, because it’s so relatively easy. Cigarettes have tremendous brand loyalty, you don’t have to bring out new products every five minutes.”

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Salt, Sugar, Fat: How the Food Giants Hooked Us (Michael Moss)

- Your Highlight on page 356 | location 5453-5454 | Added on Monday, 15 August 2022 21:45:31

There was even a time when people, for instance Roman soldiers, were paid their

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Salt, Sugar, Fat: How the Food Giants Hooked Us (Michael Moss)

- Your Highlight on page 356 | location 5453-5454 | Added on Monday, 15 August 2022 21:45:37

There was even a time when people, for instance Roman soldiers, were paid their wages in salt. Hence the word salary, a derivative of salt.

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Salt, Sugar, Fat: How the Food Giants Hooked Us (Michael Moss)

- Your Highlight on page 379 | location 5799-5800 | Added on Tuesday, 16 August 2022 19:38:06

and PepsiCo to change the labeling of its Tropicana Peach Papaya Juice to reflect the facts that it has neither peaches nor papaya and is not a juice.

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Ten Drugs (Thomas Hager)

- Your Bookmark on page 47 | location 710 | Added on Thursday, 18 August 2022 17:36:31

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Ten Drugs (Thomas Hager)

- Your Highlight on page 93 | location 1424-1427 | Added on Thursday, 18 August 2022 21:22:17

It began in Germany with a cage of pink mice. The cage was in a back room in one of the Bayer company’s German laboratories. The year was 1929. Bayer, now rich with cash from a string of drug discoveries, from heroin and aspirin to new sleeping medicines and heart drugs, had set its sights on solving the problem of bacterial infections. The path the company followed started with chemicals it was familiar with: fabric dyes. Bayer had started as a dye company. Now they

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Inside the Mind of the Shopper\_ The Science of Retailing - Herb Sorensen

- Your Highlight on page 8-8 | Added on Sunday, 21 August 2022 18:38:29

Twenty million seconds. That is the time all customers collectively spend in a typical supermarket every week based on our measures across many stores. Each of those seconds is an opportunity to sell. That is 20 million opportunities a week to sell something. But the tragedy of modern retail is that most of those moments are wasted because retailers and manufacturers by and large do not know what the shopper is doing during these moments.

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Inside the Mind of the Shopper\_ The Science of Retailing - Herb Sorensen

- Your Highlight on page 8-8 | Added on Sunday, 21 August 2022 18:39:44

Mostly Wasted Twenty million seconds. That is the time all customers collectively spend in a typical supermarket every week based on our measures across many stores. Each of those seconds is an opportunity to sell. That is 20 million opportunities a week to sell something. But the tragedy of modern retail is that most of those moments are wasted because retailers and manufacturers by and large do not know what the shopper is doing during these moments.

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Gene Eating (Giles Yeo)

- Your Highlight on page 15 | location 216-216 | Added on Sunday, 21 August 2022 20:56:39

How much fat you are carrying is essentially how long you would last without food, so your brain equates weight loss to a reduced chance of survival.

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Gene Eating (Giles Yeo)

- Your Highlight on page 122 | location 1858-1865 | Added on Tuesday, 23 August 2022 19:12:03

At Wolfson, depending on what you indicated in the dietary requirements box when booking dinner, be it kosher or halal, nut-free or dairy-free, pescatarian or vegan, you get a little appropriately coloured card to place by your plate to alert the server. The gentleman seated across from me was a retired biochemist named Don, and he had just such a card. I asked him what that particular colour signalled. ‘It means gluten-free,’ Don said. ‘But that’s because Don has coeliac disease. It’s not because he’s being faddy,’ his wife, Mary, who was sitting next to him chipped in. ‘Ridiculous thing, going gluten-free for no good reason’. I’d known Don and Mary a few years, and it’s probably relevant to add that Mary was actually a wheat geneticist. A wheat geneticist married to a retired coeliac biochemist ... I don’t know why, but it amuses me every time I think of it.

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Gene Eating (Giles Yeo)

- Your Highlight on page 220 | location 3370-3370 | Added on Wednesday, 24 August 2022 20:54:46

eventually damage the liver. Because another key role of the liver is lipid

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Gene Eating (Giles Yeo)

- Your Bookmark on page 267 | location 4080 | Added on Thursday, 25 August 2022 18:10:06

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Transformer: The Deep Chemistry of Life and Death (Nick Lane)

- Your Bookmark on page 34 | location 512 | Added on Thursday, 25 August 2022 21:52:31

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Transformer: The Deep Chemistry of Life and Death (Nick Lane)

- Your Bookmark on page 479 | location 7340 | Added on Thursday, 25 August 2022 22:06:35

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Death by Food Pyramid (Denise Minger)

- Your Highlight on page 158 | location 2419-2426 | Added on Friday, 26 August 2022 08:35:28

Incidentally, in 2008, researcher William B. Grant revisited the dietary supply data and heart disease statistics from earlier decades, but—unlike either Keys or Yudkin—included women in his analysis. As he described, his findings showed that animal fat had the highest correlation with heart attacks for males of all age ranges, whereas added sugar had the highest correlation for females of all ages. Grant noted, “Had women been included in the Seven Countries Study, Yudkin might have been able to make a better case for the role of sugar as a risk factor in CHD.”57 Unfortunately, the finding came too late to add fodder to the Keys-Yudkin war in its heyday. For Keys’s part, his 1975 book How to Eat Well and Stay Well: The Mediterranean Way—a work inspired by the results of the Seven Countries Study

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Transformer: The Deep Chemistry of Life and Death (Nick Lane)

- Your Highlight on page 93 | location 1422-1424 | Added on Saturday, 27 August 2022 17:51:18

NADH will figure large later in this book, but for now, when you see the term NADH, just focus on the ‘H’. I hope you will develop a Pavlovian response, and when you see NADH, you’ll think ‘Aha! Once more this is the beast that transfers hydrogen, or rather, the two electrons

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Transformer: The Deep Chemistry of Life and Death (Nick Lane)

- Your Highlight on page 93 | location 1422-1425 | Added on Saturday, 27 August 2022 17:51:25

NADH will figure large later in this book, but for now, when you see the term NADH, just focus on the ‘H’. I hope you will develop a Pavlovian response, and when you see NADH, you’ll think ‘Aha! Once more this is the beast that transfers hydrogen, or rather, the two electrons and two protons that constitute 2H!’

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Transformer: The Deep Chemistry of Life and Death (Nick Lane)

- Your Bookmark on page 510 | location 7810 | Added on Sunday, 28 August 2022 21:23:07

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Burn: The Misunderstood Science of Metabolism (Herman Pontzer)

- Your Highlight on page 61 | location 926-933 | Added on Monday, 29 August 2022 08:09:33

There are three macronutrient categories: carbohydrates, fats, and proteins. Carbohydrates are starches, sugars, and fiber. They come mostly from the plant-based portions of your food—the crust and tomato sauce in the pizza you’re eating. Fats (which include oils) come from both plant and animal sources, like the cheese and pepperoni in your slice. Proteins come mostly from animal tissue and the leaves, stems, and seeds of plants (including beans, nuts, and grains). The pepperoni and cheese are full of protein, as are the basil leaves scattered atop your slice. There’s protein in the crust as well, including the much maligned gluten that makes it chewy. There’s also water trapped in the slice, as well as trace amounts of other stuff like minerals, vitamins, and other elements that your body needs. But the macronutrients—carbohydrates, fats, and proteins—are the main attraction. They are what build and

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Burn: The Misunderstood Science of Metabolism (Herman Pontzer)

- Your Highlight on page 61 | location 926-933 | Added on Monday, 29 August 2022 08:09:39

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Burn: The Misunderstood Science of Metabolism (Herman Pontzer)

- Your Bookmark on page 62 | location 939 | Added on Monday, 29 August 2022 08:10:53

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Burn: The Misunderstood Science of Metabolism (Herman Pontzer)

- Your Highlight on page 76 | location 1162-1163 | Added on Monday, 29 August 2022 08:43:36

We eat carbohydrates only to breathe them out, filling the air around us with the skeletons of potatoes past; a remaining fraction ends up as drops of water in the ocean of our body.

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Transformer: The Deep Chemistry of Life and Death (Nick Lane)

- Your Highlight on page 188 | location 2882-2883 | Added on Monday, 29 August 2022 20:23:17

oceans. We know from the geological record that barely any limestone

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Transformer: The Deep Chemistry of Life and Death (Nick Lane)

- Your Bookmark on page 543 | location 8317 | Added on Monday, 29 August 2022 21:32:17

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Transformer: The Deep Chemistry of Life and Death (Nick Lane)

- Your Bookmark on page 561 | location 8596 | Added on Tuesday, 30 August 2022 19:45:09

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Burn: The Misunderstood Science of Metabolism (Herman Pontzer)

- Your Highlight on page 201 | location 3073-3075 | Added on Tuesday, 30 August 2022 21:13:09

Energy comes in with the food we eat and is allocated to each of the support systems and their employees as needed. If there’s any extra, it’s deposited into a checking account for quick access (glycogen), or into savings (fat).

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Transformer: The Deep Chemistry of Life and Death (Nick Lane)

- Your Bookmark on page 586 | location 8972 | Added on Wednesday, 31 August 2022 18:37:10

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Burn: The Misunderstood Science of Metabolism (Herman Pontzer)

- Your Highlight on page 277 | location 4243-4249 | Added on Thursday, 1 September 2022 19:25:02

My favorite example of finding the sweet spot for daily physical activity comes from a study of postal workers in Glasgow.29 As you might guess, these men and women walk a lot each day carrying the mail. Mail carriers in the study who clocked 15,000 steps a day (about two hours of walking) were virtually free of heart problems and other metabolic disease. And this is in Scotland, land of the deep-fried Mars bar, with one of the lowest life expectancies in Western Europe.30 You don’t have to move to the African savanna or cosplay as a hunter-gatherer

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Burn: The Misunderstood Science of Metabolism (Herman Pontzer)

- Your Highlight on page 277 | location 4243-4247 | Added on Thursday, 1 September 2022 19:25:11

My favorite example of finding the sweet spot for daily physical activity comes from a study of postal workers in Glasgow.29 As you might guess, these men and women walk a lot each day carrying the mail. Mail carriers in the study who clocked 15,000 steps a day (about two hours of walking) were virtually free of heart problems and other metabolic disease. And this is in Scotland, land of the deep-fried Mars bar,

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Burn: The Misunderstood Science of Metabolism (Herman Pontzer)

- Your Highlight on page 277 | location 4242-4248 | Added on Thursday, 1 September 2022 19:25:16

minutes of exercise a day.28 My favorite example of finding the sweet spot for daily physical activity comes from a study of postal workers in Glasgow.29 As you might guess, these men and women walk a lot each day carrying the mail. Mail carriers in the study who clocked 15,000 steps a day (about two hours of walking) were virtually free of heart problems and other metabolic disease. And this is in Scotland, land of the deep-fried Mars bar, with one of the lowest life expectancies in Western Europe.30

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Burn: The Misunderstood Science of Metabolism (Herman Pontzer)

- Your Highlight on page 277 | location 4243-4248 | Added on Thursday, 1 September 2022 19:25:33

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 5 | location 75-78 | Added on Saturday, 3 September 2022 16:29:17

Basically: A – the number of calories actually in the food ≠ (does not equal) B – the number of calories on the side of the pack ≠ (does not equal) C – the number of usable calories we finally get out of the food

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 26 | location 396-397 | Added on Saturday, 3 September 2022 17:18:24

burnt, like soup or milk or fruit, for instance, needs to first be desiccated.

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Oxygen: A Four Billion Year History (Donald E. Canfield)

- Your Bookmark on page 13 | location 191 | Added on Saturday, 3 September 2022 17:28:27

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 34 | location 517-518 | Added on Sunday, 4 September 2022 19:36:18

This is a critically important concept to grasp. Caloric availability is the amount of calories that can actually be extracted during the process of digestion and metabolism, as opposed

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 34 | location 517-518 | Added on Sunday, 4 September 2022 19:36:24

This is a critically important concept to grasp. Caloric availability is the amount of calories that can actually be extracted during the process of digestion and metabolism, as opposed

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 34 | location 517-519 | Added on Sunday, 4 September 2022 19:36:28

This is a critically important concept to grasp. Caloric availability is the amount of calories that can actually be extracted during the process of digestion and metabolism, as opposed to the total number of calories that are locked up in the food.

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 35 | location 536-537 | Added on Sunday, 4 September 2022 19:41:17

We humans, for example, are pretty much an assembly of around thirty-seven trillion little bags of water (our cells) that are supplied with a water-based oxygen and nutrient transport system (our blood).

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 37 | location 563-566 | Added on Sunday, 4 September 2022 19:45:42

Atwater found that the heat of combustion for animal-derived fat was on average 9.4 calories per gram, and for plant-derived fat 9.3 calories per gram. Why the difference between animals and plants? Because, on average, animal fat is going to be more saturated than plant-based fat. This is why animal fat (fat from fish being the exception) is typically solid at room temperature, whereas plant fats such as vegetable, olive and nut oils stay liquid at room temperature.

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 39 | location 595-596 | Added on Sunday, 4 September 2022 19:50:34

Fat and carbohydrates are composed entirely of carbon, hydrogen and oxygen, just in differing proportions and configurations.

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Bookmark on page 42 | location 637 | Added on Sunday, 4 September 2022 19:58:16

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Bookmark on page 54 | location 825 | Added on Sunday, 4 September 2022 20:19:08

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Bookmark on page 60 | location 914 | Added on Sunday, 4 September 2022 20:32:48

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Bookmark on page 72 | location 1098 | Added on Sunday, 4 September 2022 21:11:08

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 112 | location 1710-1711 | Added on Monday, 5 September 2022 20:28:55

Recall that the Krebs cycle is a controlled way of breaking carbon bonds to unlock the stored potential energy.

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 127 | location 1946-1947 | Added on Monday, 5 September 2022 20:53:45

Hormones are any signals that are released from one organ and transported by blood to target another distant organ in order to regulate physiology or behaviour.

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 132 | location 2010-2011 | Added on Monday, 5 September 2022 21:03:23

neutralise the stomach acids; the gall bladder secretes bile, which emulsifies

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 247 | location 3780-3782 | Added on Wednesday, 7 September 2022 06:13:53

Yet it will always take around twenty to thirty minutes plodding along on a treadmill to burn off 240 calories. Basically, we are evolved to consume calories faster than we can burn them; it is one of the key characteristics that has ensured our evolutionary success, otherwise we’d spend too long chowing down on food and risk becoming tiger food.

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 250 | location 3830-3833 | Added on Wednesday, 7 September 2022 06:18:09

calories per gram of fat 3.8 calories per gram of sugar 3.6 calories per gram of complex carbs.

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 250 | location 3830-3834 | Added on Wednesday, 7 September 2022 06:18:15

9 calories per gram of fat 3.8 calories per gram of sugar 3.6 calories per gram of complex carbs. 3.2 calories per gram of protein.

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 250 | location 3829-3830 | Added on Wednesday, 7 September 2022 06:20:14

metabolisable energy’ or NME. My suggestions are as follows: 9 calories

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 250 | location 3830-3833 | Added on Wednesday, 7 September 2022 06:20:23

calories per gram of fat 3.8 calories per gram of sugar 3.6 calories per gram

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Why Calories Don't Count: How We Got the Science of Weight Loss Wrong (Giles Yeo)

- Your Highlight on page 250 | location 3830-3834 | Added on Wednesday, 7 September 2022 06:20:28

9 calories per gram of fat 3.8 calories per gram of sugar 3.6 calories per gram of complex carbs. 3.2 calories per gram of protein.

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Paleofantasy (Marlene Zuk)

- Your Bookmark on page 8 | location 113 | Added on Wednesday, 7 September 2022 21:02:14

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Paleofantasy (Marlene Zuk)

- Your Bookmark on page 263 | location 4028 | Added on Wednesday, 7 September 2022 21:02:42

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Paleofantasy (Marlene Zuk)

- Your Bookmark on page 265 | location 4059 | Added on Thursday, 8 September 2022 06:25:06

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Paleofantasy (Marlene Zuk)

- Your Bookmark on page 267 | location 4093 | Added on Friday, 9 September 2022 05:09:30

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Paleofantasy (Marlene Zuk)

- Your Bookmark on page 71 | location 1086 | Added on Friday, 9 September 2022 21:18:48

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Paleofantasy (Marlene Zuk)

- Your Bookmark on page 269 | location 4119 | Added on Friday, 9 September 2022 21:19:20

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Paleofantasy (Marlene Zuk)

- Your Bookmark on page 270 | location 4132 | Added on Friday, 9 September 2022 21:35:27

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Paleofantasy (Marlene Zuk)

- Your Bookmark on page 272 | location 4161 | Added on Saturday, 10 September 2022 18:16:05

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Paleofantasy (Marlene Zuk)

- Your Bookmark on page 278 | location 4249 | Added on Saturday, 10 September 2022 20:14:34

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Paleofantasy (Marlene Zuk)

- Your Bookmark on page 281 | location 4305 | Added on Sunday, 11 September 2022 04:59:20

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The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight (Satchin Panda)

- Your Bookmark at location 1263 | Added on Monday, 12 September 2022 21:44:10

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The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight (Satchin Panda)

- Your Bookmark at location 1299 | Added on Monday, 12 September 2022 21:47:10

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The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight (Satchin Panda)

- Your Highlight at location 1602-1603 | Added on Tuesday, 13 September 2022 17:45:53

If you like a cocktail after dinner, a better habit would be to have your drinks before dinner, or during your dinner, provided it is 2 to 4

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The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight (Satchin Panda)

- Your Highlight at location 1602-1603 | Added on Tuesday, 13 September 2022 17:45:58

If you like a cocktail after dinner, a better habit would be to have your drinks before dinner, or during your dinner, provided it is 2 to 4

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The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight (Satchin Panda)

- Your Highlight at location 1602-1603 | Added on Tuesday, 13 September 2022 17:46:03

If you like a cocktail after dinner, a better habit would be to have your drinks before dinner, or during your dinner, provided it is 2 to 4

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The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight (Satchin Panda)

- Your Highlight at location 1602-1603 | Added on Tuesday, 13 September 2022 17:46:07

If you like a cocktail after dinner, a better habit would be to have your drinks before dinner, or during your dinner, provided it is 2 to 4 hours before bedtime.

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The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight (Satchin Panda)

- Your Highlight at location 1604-1604 | Added on Tuesday, 13 September 2022 17:46:53

For instance, one man in

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The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight (Satchin Panda)

- Your Highlight at location 1604-1606 | Added on Tuesday, 13 September 2022 17:47:23

For instance, one man in our study group used to have three or four cocktails after dinner. Once he started cutting down on his alcohol, he found that he was sleeping better. After a while, he gave up his cocktails entirely. He told me, “I don’t enjoy my cocktail anymore, and I really like my better sleep at night.”

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The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight (Satchin Panda)

- Your Bookmark at location 2318 | Added on Tuesday, 13 September 2022 21:35:16

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The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight (Satchin Panda)

- Your Highlight at location 2948-2951 | Added on Wednesday, 14 September 2022 08:16:24

Another easy fix is to put different light bulbs in different rooms. For example, if you have two bathrooms, install dim lighting in the bathroom you typically use in the evening and bright blue-enriched LED lighting in the bathroom that you use in the morning. As you wake up and walk into the bathroom with bright blue light, the exposure to the light will start to reduce your melatonin and make you feel more alert.

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Metabolical (Robert H. Lustig)

- Your Highlight on page 181 | location 2773-2779 | Added on Saturday, 17 September 2022 17:48:06

The word “sugar”— does it mean blood sugar (glucose) or dietary sugar (glucose-fructose)? The food industry says “you need sugar to live”—but while you do need a blood glucose level to live, you don’t have to consume that glucose. In fact, your liver can make glucose from the glycerol (see Fig. 7–3d) released from the breakdown of triglycerides in either dietary fat or body fat, or from amino acids, a process called gluconeogenesis. Conversely, you don’t need fructose (the molecule that makes food sweet) to live at all. In fact, there’s no biochemical reaction in any animal cell on the planet that requires dietary fructose. Which means you may want dietary sugar, but you don’t actually need

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Metabolical (Robert H. Lustig)

- Your Highlight on page 181 | location 2773-2779 | Added on Saturday, 17 September 2022 17:48:15

The word “sugar”— does it mean blood sugar (glucose) or dietary sugar (glucose-fructose)? The food industry says “you need sugar to live”—but while you do need a blood glucose level to live, you don’t have to consume that glucose. In fact, your liver can make glucose from the glycerol (see Fig. 7–3d) released from the breakdown of triglycerides in either dietary fat or body fat, or from amino acids, a process called gluconeogenesis. Conversely, you don’t need fructose (the molecule that makes food sweet) to live at all. In fact, there’s no biochemical reaction in any animal cell on the planet that requires dietary fructose. Which means you may want dietary sugar, but you don’t actually need it.

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Metabolical (Robert H. Lustig)

- Your Bookmark on page 373 | location 5712 | Added on Sunday, 18 September 2022 16:42:24

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Life's Engines: How Microbes Made Earth Habitable (Paul G. Falkowski)

- Your Highlight on page 10 | location 141-142 | Added on Tuesday, 20 September 2022 20:47:46

Nick Lane was extremely charming in his praise of the few chapters I asked him to comment on, and I delighted in talking with him about the basic concept of the book.

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Life's Engines: How Microbes Made Earth Habitable (Paul G. Falkowski)

- Your Highlight on page 38 | location 574-577 | Added on Wednesday, 21 September 2022 18:07:58

In the end, Micrographia was the first best seller in science. Samuel Pepys bought a copy of the book shortly after it was first published and wrote in his diary, “Before I went to bed, I sat up till 2 a-clock in my chamber, reading of Mr. Hookes Microscopical Observations, the most ingenious book that I ever read in my life.”

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What to Eat (Marion Nestle)

- Your Highlight on page 14 | location 202-202 | Added on Wednesday, 21 September 2022 20:38:24

eat less, move more, eat lots of fruits and vegetables.

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What to Eat (Marion Nestle)

- Your Highlight on page 14 | location 212-214 | Added on Wednesday, 21 September 2022 20:40:15

The basic principles of good diets are so simple that I can summarize them in just ten words: eat less, move more, eat lots of fruits and vegetables. For additional clarification, a five-word modifier helps: go easy on junk foods.

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What to Eat (Marion Nestle)

- Your Bookmark on page 620 | location 9502 | Added on Wednesday, 21 September 2022 21:02:46

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What to Eat (Marion Nestle)

- Your Bookmark on page 40 | location 602 | Added on Wednesday, 21 September 2022 21:38:45

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What to Eat (Marion Nestle)

- Your Bookmark on page 617 | location 9454 | Added on Wednesday, 21 September 2022 21:39:00

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What to Eat (Marion Nestle)

- Your Bookmark on page 624 | location 9557 | Added on Wednesday, 21 September 2022 21:45:26

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Life's Engines: How Microbes Made Earth Habitable (Paul G. Falkowski)

- Your Highlight on page 95 | location 1442-1443 | Added on Thursday, 22 September 2022 18:52:44

and they use the hydrogen to produce organic matter. Oxygen is oxidized

==========

What to Eat (Marion Nestle)

- Your Highlight on page 121 | location 1856-1856 | Added on Thursday, 22 September 2022 21:29:51

For Americans, unflavored yogurt is an acquired taste. It is, after all, sour milk.

==========

What to Eat (Marion Nestle)

- Your Bookmark on page 644 | location 9870 | Added on Thursday, 22 September 2022 21:42:31

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Life's Engines: How Microbes Made Earth Habitable (Paul G. Falkowski)

- Your Bookmark on page 192 | location 2934 | Added on Friday, 23 September 2022 20:36:52

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What to Eat (Marion Nestle)

- Your Bookmark on page 651 | location 9979 | Added on Friday, 23 September 2022 21:48:59

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What to Eat (Marion Nestle)

- Your Bookmark on page 681 | location 10429 | Added on Saturday, 24 September 2022 22:00:22

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What to Eat (Marion Nestle)

- Your Bookmark on page 690 | location 10568 | Added on Sunday, 25 September 2022 17:02:44

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What to Eat (Marion Nestle)

- Your Highlight on page 353 | location 5404-5405 | Added on Sunday, 25 September 2022 17:25:45

This is no surprise. Fiber only comes from food plants—fruits, vegetables, and grains—never from meat or dairy foods.

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What to Eat (Marion Nestle)

- Your Bookmark on page 695 | location 10656 | Added on Sunday, 25 September 2022 17:31:16

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What to Eat (Marion Nestle)

- Your Highlight on page 394 | location 6041-6042 | Added on Monday, 26 September 2022 17:22:08

Of course it is cholesterol free; cereals are plants and cholesterol comes only from animal foods.

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What to Eat (Marion Nestle)

- Your Highlight on page 453 | location 6934-6934 | Added on Monday, 26 September 2022 21:31:06

Oil is just liquid fat and fats have calories, even when the next two ingredients

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What to Eat (Marion Nestle)

- Your Highlight on page 453 | location 6934-6934 | Added on Monday, 26 September 2022 21:31:11

Oil is just liquid fat and fats have calories, even when the next two ingredients

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What to Eat (Marion Nestle)

- Your Highlight on page 453 | location 6934-6934 | Added on Monday, 26 September 2022 21:31:22

Oil is just liquid fat

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What to Eat (Marion Nestle)

- Your Highlight on page 453 | location 6945-6946 | Added on Monday, 26 September 2022 21:32:20

The calories are the same in all oils because oils are 100 percent fat.

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What to Eat (Marion Nestle)

- Your Bookmark on page 715 | location 10961 | Added on Monday, 26 September 2022 21:52:06

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What to Eat (Marion Nestle)

- Your Bookmark on page 729 | location 11170 | Added on Tuesday, 27 September 2022 06:38:24

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What to Eat (Marion Nestle)

- Your Bookmark on page 739 | location 11328 | Added on Tuesday, 27 September 2022 08:31:45

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Taking Stock (Jordan Grumet)

- Your Bookmark on page 38 | location 572 | Added on Tuesday, 27 September 2022 19:44:55

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Taking Stock (Jordan Grumet)

- Your Bookmark on page 59 | location 897 | Added on Tuesday, 27 September 2022 20:03:28

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Taking Stock (Jordan Grumet)

- Your Bookmark on page 79 | location 1209 | Added on Tuesday, 27 September 2022 21:44:26

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Fearless Salary Negotiation: A Step-By-Step Guide to Getting Paid What You're Worth (Josh Doody)

- Your Bookmark on page 4 | location 54 | Added on Saturday, 1 October 2022 19:15:59

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Bean Counters (Richard Brooks)

- Your Highlight on page 10 | location 150-151 | Added on Saturday, 1 October 2022 20:53:11

The £4m-a-year, fifty-something recent UK boss of the second largest global accountancy firm, PricewaterhouseCoopers, drives the same Aston Martin model as James Bond (though, in his case, with a licence to bill).

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Bean Counters (Richard Brooks)

- Your Bookmark on page 327 | location 5012 | Added on Monday, 3 October 2022 21:53:01

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Midlife: A Philosophical Guide (Kieran Setiya)

- Your Highlight on page 42 | location 642-644 | Added on Tuesday, 4 October 2022 21:45:01

Work, worry, toil and trouble are indeed the lot of almost all men their whole life long. And yet if every desire were satisfied as soon as it arose how would men occupy their lives, how would they pass the time?36

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Midlife: A Philosophical Guide (Kieran Setiya)

- Your Highlight on page 61 | location 934-935 | Added on Wednesday, 5 October 2022 05:15:14

Think twice before you wreck your home. Is it the space inside you hate, or the fact that it has walls?

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Midlife: A Philosophical Guide (Kieran Setiya)

- Your Highlight on page 114 | location 1736-1737 | Added on Thursday, 6 October 2022 18:32:52

That realization showed him the eternal error men make by imagining that happiness consists in the gratification of their wishes.”

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Midlife: A Philosophical Guide (Kieran Setiya)

- Your Highlight on page 117 | location 1786-1787 | Added on Thursday, 6 October 2022 18:37:43

Try it yourself: a shift in focus from telic activities to their atelic counterparts. In general, where a project gives meaning to your life, it is possible to find meaning in the process. That meaning is not used up or consumed; it is not invested in the future but redeemed in the present.

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A Mind for Numbers: How to Excel at Math and Science (Even if You Flunked Algebra) (Barbara Oakley, Phd)

- Your Bookmark on page 277 | location 3923 | Added on Thursday, 6 October 2022 22:03:11

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Double Entry (Jane Gleeson-White)

- Your Bookmark on page 190 | location 2910 | Added on Saturday, 8 October 2022 21:14:38

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Double Entry (Jane Gleeson-White)

- Your Bookmark on page 192 | location 2939 | Added on Saturday, 8 October 2022 21:37:13

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The Blue Zones (Dan Buettner)

- Your Highlight on page 51 | location 777-782 | Added on Monday, 10 October 2022 17:35:08

“Do you ever get bored?” I asked impulsively. Before the words left my mouth, I realized I’d uttered a heresy. Tonino swung around and pointed at me, dried blood still rimming his fingernail. “I’ve loved living here every day of my life,” he boomed. After a pause, he continued. “I love my animals and taking care of them. We don’t really need the cow that I butchered today. Half of the meat will go to my son, and most of the other half we’ll share with our neighbors. But without the animals and the work it takes to raise them, I would be sitting in my house doing nothing; I would have little purpose in life. When I think of them, I think of my children. I like it when my kids come home

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The Blue Zones (Dan Buettner)

- Your Highlight on page 51 | location 777-781 | Added on Monday, 10 October 2022 17:35:13

“Do you ever get bored?” I asked impulsively. Before the words left my mouth, I realized I’d uttered a heresy. Tonino swung around and pointed at me, dried blood still rimming his fingernail. “I’ve loved living here every day of my life,” he boomed. After a pause, he continued. “I love my animals and taking care of them. We don’t really need the cow that I butchered today. Half of the meat will go to my son, and most of the other half we’ll share with our neighbors. But without the animals and the work it takes to raise them, I would be sitting in my house doing nothing; I would have little purpose in life. When I think of them, I think of my children. I like it when my kids come

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The Blue Zones (Dan Buettner)

- Your Highlight on page 51 | location 777-782 | Added on Monday, 10 October 2022 17:35:25

“Do you ever get bored?” I asked impulsively. Before the words left my mouth, I realized I’d uttered a heresy. Tonino swung around and pointed at me, dried blood still rimming his fingernail. “I’ve loved living here every day of my life,” he boomed. After a pause, he continued. “I love my animals and taking care of them. We don’t really need the cow that I butchered today. Half of the meat will go to my son, and most of the other half we’ll share with our neighbors. But without the animals and the work it takes to raise them, I would be sitting in my house doing nothing; I would have little purpose in life. When I think of them, I think of my children. I like it when my kids come home and they find something here that I have produced.”

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Double Entry (Jane Gleeson-White)

- Your Highlight on page 73 | location 1108-1110 | Added on Tuesday, 11 October 2022 08:00:16

‘All the creditors must appear in the Ledger at the right hand side, and all the debtors at the left. All entries made in the Ledger have to be double entries—that is, if you make one creditor, you must make someone debtor.’ The word debit comes from the Latin debere, to owe;

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Double Entry (Jane Gleeson-White)

- Your Highlight on page 73 | location 1108-1111 | Added on Tuesday, 11 October 2022 08:00:22

‘All the creditors must appear in the Ledger at the right hand side, and all the debtors at the left. All entries made in the Ledger have to be double entries—that is, if you make one creditor, you must make someone debtor.’ The word debit comes from the Latin debere, to owe; the word credit from the Latin credere, to believe.

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A Mind for Numbers: How to Excel at Math and Science (Even if You Flunked Algebra) (Barbara Oakley, Phd)

- Your Bookmark on page 245 | location 3428 | Added on Tuesday, 11 October 2022 13:12:03

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Double Entry (Jane Gleeson-White)

- Your Highlight on page 101 | location 1541-1545 | Added on Tuesday, 11 October 2022 18:14:35

The attempt to overthrow Pacioli’s system was launched in England by Edward Thomas Jones in a book published in 1796 (the same year as Goethe’s Wilhelm Meister’s Apprenticeship) and modestly titled Jones’ English System of Book-keeping by Single or Double Entry, in which it is impossible for an error of the most trifling amount to be passed unnoticed. Calculated effectually to prevent the evils attendant on the methods so long established and adapted to every species of

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Double Entry (Jane Gleeson-White)

- Your Highlight on page 101 | location 1541-1545 | Added on Tuesday, 11 October 2022 18:14:40

The attempt to overthrow Pacioli’s system was launched in England by Edward Thomas Jones in a book published in 1796 (the same year as Goethe’s Wilhelm Meister’s Apprenticeship) and modestly titled Jones’ English System of Book-keeping by Single or Double Entry, in which it is impossible for an error of the most trifling amount to be passed unnoticed. Calculated effectually to prevent the evils attendant on the methods so long established and adapted to every species of trade.

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Philip and Alexander: Kings and Conquerors (Adrian Goldsworthy)

- Your Bookmark on page 21 | location 319 | Added on Wednesday, 12 October 2022 21:10:54

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Midlife: A Philosophical Guide (Kieran Setiya)

- Your Highlight on page 111 | location 1701-1704 | Added on Saturday, 15 October 2022 17:28:55

That is the problem with being consumed by plans, obsessed with getting things done. If your sources of meaning are overwhelmingly telic then whatever their value—final, existential, ameliorative—they are schemes for which success can only mean cessation. It is as if you are striving to eradicate meaning from your life, saved only by the fact that there is too much of it or that you keep on finding more. This is what Schopenhauer got right:

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Life Time: Your Body Clock and Its Essential Roles in Good Health and Sleep (Russell Foster)

- Your Highlight on page 133 | location 2030-2031 | Added on Sunday, 16 October 2022 10:36:58

SCRD will be used throughout the following chapters to indicate the collective impact of disrupting these biological systems, and, as we shall see, the impacts of SCRD are much more than the inconvenience of feeling tired at an undesired time.

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Life Time: Your Body Clock and Its Essential Roles in Good Health and Sleep (Russell Foster)

- Your Highlight on page 179 | location 2734-2746 | Added on Sunday, 16 October 2022 11:06:41

I have read that living at the western edge of a time zone can cause health problems. Can this really be true? Crazy as it sounds, this is true. Social jet lag is a mismatch between when our circadian system would like to wake us up and when we are forced out of bed due to social demands such as work or school. Sunrise in the eastern part of a time zone occurs earlier than at the western edge of the same time zone. So the circadian system of those living in the east will be set earlier by dawn than it will for those in the west. Easterners will be better adapted to their time zone than those in the west, resulting in more social jet lag for westerners. The same will be true of individuals living on the western border of a time zone and others on the eastern border of the adjacent time zone. Remarkably, if you compare the health of individuals living in the western edge of a time zone you see evidence for greater levels of circadian rhythm disruption such as obesity, diabetes, cardiovascular diseases, depression and breast cancer.220

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Life Time: Your Body Clock and Its Essential Roles in Good Health and Sleep (Russell Foster)

- Your Bookmark on page 236 | location 3618 | Added on Sunday, 16 October 2022 21:44:44

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Life Time: Your Body Clock and Its Essential Roles in Good Health and Sleep (Russell Foster)

- Your Highlight on page 246 | location 3759-3764 | Added on Sunday, 16 October 2022 21:55:16

As a result, it would be wise and prudent not to take sleep apps too seriously. So many anxious individuals have approached me after a seminar worried about what their sleep apps report. One individual told me that his app was stating that he had ‘too little deep sleep’. His response was to set his alarm for 3 a.m. so that he could wake up and check his app to see how much ‘deep sleep’ he had experienced. I spent some time explaining why this was a bad idea.

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Life Time: Your Body Clock and Its Essential Roles in Good Health and Sleep (Russell Foster)

- Your Highlight on page 320 | location 4898-4900 | Added on Wednesday, 19 October 2022 06:45:20

As far as we can tell, babies spend most of their time in the womb sleeping. At the age of 38 and 40 weeks of gestation (birth is around 40 weeks), babies are thought to spend 95 per cent of the time asleep.

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Shredded: Inside RBS: The Bank That Broke Britain (Ian Fraser)

- Your Highlight on page 192 | location 2845-2846 | Added on Tuesday, 8 November 2022 21:52:26

pour encourager les autres to

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Shredded: Inside RBS: The Bank That Broke Britain (Ian Fraser)

- Your Highlight on page 214 | location 3159-3159 | Added on Wednesday, 9 November 2022 20:55:38

Simon Carswell,

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Shredded: Inside RBS: The Bank That Broke Britain (Ian Fraser)

- Your Bookmark on page 227 | location 3347 | Added on Wednesday, 9 November 2022 21:12:46

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Anglo Republic: Inside the Bank That Broke Ireland (Simon Carswell)

- Your Bookmark on page 1 | location 10 | Added on Wednesday, 16 November 2022 08:02:46

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Expected Goals: The Story of How Data Conquered Football and Changed the Game Forever (Rory Smith)

- Your Highlight on page 230 | location 3517-3519 | Added on Saturday, 26 November 2022 18:40:06

The success of those two ventures is not unrelated. While it is not clear what access, if any, Brighton have to Starlizard’s proprietary data, it is clear they share a raft of basic principles. Starlizard’s data makes the firm an ‘excellent judge of talent’, as one long-time

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Expected Goals: The Story of How Data Conquered Football and Changed the Game Forever (Rory Smith)

- Your Highlight on page 234 | location 3577-3580 | Added on Saturday, 26 November 2022 18:56:24

Not long ago, all of this would have been greeted with the same sort of giggling that Ankersen heard when he first mentioned that the club had its own system for looking not just at points gained but performances registered. That it has not is proof of the ultimate triumph of the three clubs who have become the standard-bearers of football’s digital age. Jess Thorup wasn’t sacked that season. The next year, he led Midtjylland to a league title. They won it again in 2020. There is, now, a regular feature in one of Denmark’s leading

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Fearless Salary Negotiation: A Step-By-Step Guide to Getting Paid What You're Worth (Josh Doody)

- Your Bookmark on page 21 | location 309 | Added on Sunday, 27 November 2022 15:59:24

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Fearless Salary Negotiation: A Step-By-Step Guide to Getting Paid What You're Worth (Josh Doody)

- Your Bookmark on page 24 | location 366 | Added on Sunday, 27 November 2022 16:15:13

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Fearless Salary Negotiation: A Step-By-Step Guide to Getting Paid What You're Worth (Josh Doody)

- Your Highlight on page 35 | location 529-530 | Added on Sunday, 27 November 2022 16:32:06

Another good question is “What are the greatest challenges for your team right now?” or “What is the greatest challenge for this particular role?”

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Fearless Salary Negotiation: A Step-By-Step Guide to Getting Paid What You're Worth (Josh Doody)

- Your Bookmark on page 59 | location 893 | Added on Sunday, 27 November 2022 22:13:59

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Dead in the Water: A True Story of Hijacking, Murder, and a Global Maritime Conspiracy (Matthew Campbell;Kit Chellel)

- Your Bookmark at location 142 | Added on Thursday, 8 December 2022 13:06:53

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Dead in the Water: A True Story of Hijacking, Murder, and a Global Maritime Conspiracy (Matthew Campbell;Kit Chellel)

- Your Highlight at location 853-860 | Added on Thursday, 8 December 2022 15:32:04

An amiable character with a toothy grin and gelled hair, Cunningham was in some ways a typical Lloyd’s man. Until the COVID-19 pandemic disrupted habits that had endured for centuries, business in London’s insurance district was done face-to-face, preferably over a lunch meeting that might stretch long into a well-refreshed afternoon. A clubbable personality was essential, and the uniform stubbornly formal. Before 2007, anyone seen on the floor of Lloyd’s without a jacket and tie risked being thrown out. When the dress code was finally relaxed, there was grumbling among the more traditionally minded members. “It’s the beginning of the end,” one told The Sunday Telegraph. “It’s nearly as bad as when they let women in.” (Women were fully admitted to Lloyd’s only in the 1970s, over bitter opposition from some.)

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Dead in the Water: A True Story of Hijacking, Murder, and a Global Maritime Conspiracy (Matthew Campbell;Kit Chellel)

- Your Highlight at location 879-883 | Added on Thursday, 8 December 2022 15:35:56

After some discussion of the merits of the contract and its likely risks—an exchange taking normally around twenty minutes and certainly no more than thirty—the satisfied Talbot man would have stamped the slip, initialed it with a fountain pen, and written out the percentage of the liability that his employer was willing to take. The broker would have continued in this manner until he’d filled the slip with “underwriters,” so called because they write their names one under the other. And thus, on the floor of Lloyd’s of London, an insurance contract

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Dead in the Water: A True Story of Hijacking, Murder, and a Global Maritime Conspiracy (Matthew Campbell;Kit Chellel)

- Your Highlight at location 879-882 | Added on Thursday, 8 December 2022 15:36:01

After some discussion of the merits of the contract and its likely risks—an exchange taking normally around twenty minutes and certainly no more than thirty—the satisfied Talbot man would have stamped the slip, initialed it with a fountain pen, and written out the percentage of the liability that his employer was willing to take. The broker would have continued in this manner until he’d filled the slip with “underwriters,” so called because they write their names one under the other.

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For Profit (William Magnuson)

- Your Highlight at location 727-728 | Added on Saturday, 10 December 2022 20:26:06

The magic of banking stems from what happens as a consequence of this money-shuffling business. In the process of taking deposits and making loans, banks are in fact creating new money.

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For Profit (William Magnuson)

- Your Highlight at location 726-732 | Added on Saturday, 10 December 2022 20:28:30

So far, so good, but there is nothing particularly special about charging more for something than one pays for it. All businesses aspire to do that. The magic of banking stems from what happens as a consequence of this money-shuffling business. In the process of taking deposits and making loans, banks are in fact creating new money. When the saver deposits money at the bank, the bank issues a credit to the saver’s account. At the same time, the bank loans out the money to a spender and issues a credit to the spender’s account as well. There are now two deposits, and, importantly, both of these deposits can be used to pay for things. Voilà! The bank has just created money. As the economist John Kenneth Galbraith has described it, “The process by which banks create money is so simple that the mind is repelled. Where something so important is involved, a deeper mystery seems only decent.”

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For Profit (William Magnuson)

- Your Bookmark at location 5466 | Added on Saturday, 10 December 2022 21:58:50

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For Profit (William Magnuson)

- Your Bookmark at location 5648 | Added on Sunday, 11 December 2022 22:22:21

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Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 210-210 | Added on Sunday, 25 December 2022 17:54:37

Money is effectively a symbol representing what we are owed by the economy.

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Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 215-216 | Added on Sunday, 25 December 2022 17:55:24

The key innovation is to create a standard unit that allows us to compare the value of an hour of our time to the goods we can buy with it.

==========

Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 255-256 | Added on Sunday, 25 December 2022 18:02:38

Money has at least three purposes.16 It is a medium of exchange, a unit of account and a store of value.

==========

Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 350-351 | Added on Sunday, 25 December 2022 18:13:52

In Latin credo, the origin of the word credit, means â€˜I believeâ€™ and the credit theory of money holds that all money is ultimately

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Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 350-351 | Added on Sunday, 25 December 2022 18:13:57

In Latin credo, the origin of the word credit, means â€˜I believeâ€™ and the credit theory of money holds that all money is ultimately debt.

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Fisher, Keith - A Pipeline Runs Through It (Keith Fisher)

- Your Bookmark at location 9 | Added on Sunday, 25 December 2022 18:34:13

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Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 404-405 | Added on Sunday, 25 December 2022 21:22:29

use now â€“ paying our bills and buying the things we need â€“ and we give them funding because we need to store our money

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Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 395-398 | Added on Monday, 26 December 2022 10:40:49

On the surface the hawala brokers who gather in the courtyard of the Kabul currency market, piles of banknotes stacked beside them,1 do not look much like the hordes of besuited bankers who pile into glass-and-steel offices in Hong Kong, Frankfurt and New York every morning. Appearances, however, are misleading. The two groups are doing the exact same kind of work: making private debts into a publicly accepted means of payment.

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Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 405-405 | Added on Monday, 26 December 2022 10:42:47

There might be no need for bank

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Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 405-406 | Added on Monday, 26 December 2022 10:42:52

There might be no need for bank deposits if all our bills were due on the same day we got paid.4

==========

Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Bookmark at location 422 | Added on Monday, 26 December 2022 10:44:50

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Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 681-682 | Added on Monday, 26 December 2022 11:15:52

Central banks are the only institutions that can create reserves.

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Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 2211-2215 | Added on Wednesday, 28 December 2022 11:55:11

growth. This shows how a government does not have to consistently run a balanced budget for its debt to be sustainable. Between 1700 and 2015, the British government ran an average deficit of 2.6 per cent, according to Bank of England data. In only 119 years out of the 315 did it run either a balanced budget or a surplus.61 So long as a government only borrows a small amount each year, interest rates are low and income growth is high enough, this will be sufficient to keep the debt manageable â€“ growth

==========

Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 2211-2216 | Added on Wednesday, 28 December 2022 11:55:15

This shows how a government does not have to consistently run a balanced budget for its debt to be sustainable. Between 1700 and 2015, the British government ran an average deficit of 2.6 per cent, according to Bank of England data. In only 119 years out of the 315 did it run either a balanced budget or a surplus.61 So long as a government only borrows a small amount each year, interest rates are low and income growth is high enough, this will be sufficient to keep the debt manageable â€“ growth and inflation do most of the work for us.

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Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 3250-3251 | Added on Thursday, 29 December 2022 10:24:39

If Jane Austenâ€™s Pride and Prejudice can be said to be a novel about government debt, then Herman Melvilleâ€™s Moby-Dick is one about corporate shares.

==========

Gavin Jackson - Money in One Lesson (Gavin Jackson)

- Your Highlight at location 3588-3598 | Added on Thursday, 29 December 2022 10:54:41

The key benefit of currency was that it created a way of impersonally transferring trust; no longer was it necessary to know the person with whom you were dealing. Instead, currency â€“ whether metal, paper or cowrie shells â€“ could retain its value independent of the individual. Money was fungible; in other words, one piece was as good as any other â€“ it came with no distinguishing features to mark where it had been or to whom it had previously been attached. This meant that payment was now detached from an individualâ€™s identity. All it required was to verify that a gold coin, a banknote or anything else was the genuine article. This brought with it freedom: we no longer had to rely on the group but could strike out on our own. While community may bring all sorts of benefits it can also bring with it the pressure to conform and harsh sanctions for those who stand out. Anonymity, on the other hand, can mean independence, privacy and more freedom to define who you are for yourself. Electronic money risks tying the ability to pay to an individualâ€™s identity and reputation once again,18 with drastic consequences for privacy. The dangers come not only from authoritarian governments but also from the technology companies who wish to monetize and sell it on to advertisers.

==========

The Omnivore's Dilemma (Michael Pollan)

- Your Highlight on page 31 | location 469-471 | Added on Monday, 2 January 2023 21:29:04

At the same time, the food industry has done a good job of persuading us that the forty-five thousand different items or SKUs (stock keeping units) in the supermarket—seventeen thousand new ones every year—represent genuine variety rather than so many clever rearrangements of molecules extracted from the same plant.

==========

The Omnivore's Dilemma (Michael Pollan)

- Your Highlight on page 58 | location 884-886 | Added on Wednesday, 4 January 2023 10:46:39

Put another way, it takes more than a calorie of fossil fuel energy to produce a calorie of food; before the advent of chemical fertilizer the Naylor farm produced more than two calories of food energy for every calorie of energy invested. From the standpoint of industrial efficiency, it’s too bad we can’t simply drink the petroleum directly.

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The Omnivore's Dilemma (Michael Pollan)

- Your Highlight on page 392 | location 6000-6001 | Added on Saturday, 7 January 2023 17:56:19

plants, the orderly and visible chronology of seed and vegetative growth,

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More Money Than God: Hedge Funds and the Making of a New Elite (Sebastian Mallaby)

- Your Highlight on page 309 | location 4738-4742 | Added on Monday, 16 January 2023 18:00:35

That month, August 1998, turned out to be one of the most brutal in the history of hedge funds. By the time Labor Day arrived, three out of four funds had lost money. Meriwether and his partners lost 44 percent of their capital, or $1.9 billion.39 They calculated that this loss should have occurred less than once in the lifetime of the universe. But it had happened anyway.

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More Money Than God: Hedge Funds and the Making of a New Elite (Sebastian Mallaby)

- Your Highlight on page 401 | location 6148-6149 | Added on Tuesday, 17 January 2023 14:01:12

Brian Hunter. Standing six feet five inches tall, occasionally donning a jersey of the National Hockey League’s Calgary Flames,

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More Money Than God: Hedge Funds and the Making of a New Elite (Sebastian Mallaby)

- Your Highlight on page 405 | location 6206-6209 | Added on Tuesday, 17 January 2023 14:24:04

In the case of Brian Hunter, an extreme version of this phenomenon seemed to be occurring. The weight of his own money might be driving his profits. Amaranth had allowed him to ramp up his positions in a niche market: By the end of February, Hunter held an astonishing 70 percent of the natural-gas futures contracts for November 2006 delivery on the New York Mercantile Exchange and about 60 percent of the contracts for January 2007. By means of this enormous

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James Vincent - Beyond Measure (James Vincent)

- Your Highlight at location 4114-4115 | Added on Tuesday, 24 January 2023 21:46:30

perfect temperature for brewing his tea,45 and a â€˜beauty mapâ

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Bookmark at location 35 | Added on Friday, 27 January 2023 19:03:16

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 222-224 | Added on Friday, 27 January 2023 19:14:22

Finance has four key elements: 1.  It reallocates economic value through time; 2.  It reallocates risk; 3.  It reallocates capital; and 4.  It expands the access to, and the complexity of, these reallocations.

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 272-273 | Added on Friday, 27 January 2023 19:21:36

The rate of return on the investment can be thought of as the price of time.

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 1959-1960 | Added on Saturday, 28 January 2023 12:44:00

An Egyptian banker named Python, for example, lived in the city of Crocodilopolis and

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 1959-1960 | Added on Saturday, 28 January 2023 12:44:05

An Egyptian banker named Python, for example, lived in the city of Crocodilopolis

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 2554-2555 | Added on Monday, 30 January 2023 11:09:17

Coinage is a tool for storing, measuring, and transferring value.

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 2554-2556 | Added on Monday, 30 January 2023 11:09:50

Coinage is a tool for storing, measuring, and transferring value. Storage requires a coin to be nonperishable, measurement requires easily recognized standard units of size and quality, and transferability requires that money be portable. Cowries fit all these requirements.

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 4376-4378 | Added on Wednesday, 1 February 2023 17:38:05

The annuity contract was one of Europe’s greatest contributions to humanity. By purchasing an annuity on a single life, or an annuity on a group of lives, citizens could shift the risk of longevity or untimely death from the family to the state.

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 6412-6412 | Added on Thursday, 2 February 2023 12:15:41

Securitization is nothing more than a repackaging and reselling of an asset.

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 7076-7078 | Added on Thursday, 2 February 2023 21:24:44

adopted corporate governance and a sophisticated corporate legal code that formed the basis for the transition to successful private corporate ownership. However, China’s Communist Revolution in 1949 reinterpreted this success story in stark terms as colonial exploitation by the capitalistic

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 7101-7101 | Added on Thursday, 2 February 2023 21:24:52

laws. The First Opium War

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Money Changes Everything: How Finance Made Civilization Possible (William N. Goetzmann)

- Your Highlight at location 7115-7116 | Added on Thursday, 2 February 2023 21:25:00

of business had a long history, by the First Opium War, Britain’s own rules against public share issuance were still in place. Under British law deriving from the Bubble Act of 1720, the free incorporation of a limited liability company by British subjects was still sharply constrained.

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Beat the Bank: Canadian Guide to Simply Successful Investing (Larry Bates)

- Your Bookmark at location 447 | Added on Sunday, 5 February 2023 13:17:09

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Beat the Bank: Canadian Guide to Simply Successful Investing (Larry Bates)

- Your Bookmark at location 912 | Added on Sunday, 5 February 2023 13:47:25

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Reboot Your Portfolio Dan Bortolotti (Dan Bortolotti)

- Your Highlight at location 481-482 | Added on Monday, 6 February 2023 06:45:15

The point here is that a portfolio is not an end in itself: it’s a tool to help you reach your life goals. The first step in improving your financial fitness is defining those

==========

Reboot Your Portfolio Dan Bortolotti (Dan Bortolotti)

- Your Highlight at location 481-483 | Added on Monday, 6 February 2023 06:45:21

The point here is that a portfolio is not an end in itself: it’s a tool to help you reach your life goals. The first step in improving your financial fitness is defining those goals and coming up with a strategy for achieving them.

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Reboot Your Portfolio Dan Bortolotti (Dan Bortolotti)

- Your Bookmark at location 477 | Added on Monday, 6 February 2023 06:47:34

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Reboot Your Portfolio Dan Bortolotti (Dan Bortolotti)

- Your Highlight at location 578-580 | Added on Monday, 6 February 2023 06:56:50

Get serious about saving And now the part no one wants to hear. Investing can be fun, while saving is just hard work. Alas, pretty much all financial goals start with saving your money.

==========

Reboot Your Portfolio Dan Bortolotti (Dan Bortolotti)

- Your Highlight at location 1947-1948 | Added on Tuesday, 7 February 2023 07:15:31

Here’s where I tell you that ETF investors should always use limit orders—no exceptions.

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Reboot Your Portfolio Dan Bortolotti (Dan Bortolotti)

- Your Highlight at location 2115-2117 | Added on Tuesday, 7 February 2023 07:27:13

If your non-registered account includes US-listed ETFs with a cost of more than $100,000, you’ll also need to report this to the Canada Revenue Agency using Form T1135, the Foreign Income Verification Statement. This form is not straightforward and adds unnecessary complexity to your financial life.

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Reboot Your Portfolio Dan Bortolotti (Dan Bortolotti)

- Your Bookmark at location 2289 | Added on Tuesday, 7 February 2023 12:46:13

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Balance (Andrew Hallam)

- Your Bookmark at location 103 | Added on Tuesday, 7 February 2023 20:22:41

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Balance (Andrew Hallam)

- Your Highlight at location 370-371 | Added on Tuesday, 7 February 2023 22:14:28

So here’s how to test whether a purchase might provide an experience that boosts your happiness or well-being. Ask yourself if it creates experiences you wouldn’t otherwise have.

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Balance (Andrew Hallam)

- Your Highlight at location 467-468 | Added on Tuesday, 7 February 2023 22:23:14

Before purchasing something, consider the desert island litmus test. Ask yourself, “Would I still buy this if nobody else could see it?”

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Balance (Andrew Hallam)

- Your Highlight at location 1255-1255 | Added on Wednesday, 8 February 2023 21:48:44

Your Income Doesn’t Determine Your Wealth

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Balance (Andrew Hallam)

- Your Bookmark at location 1662 | Added on Wednesday, 8 February 2023 22:10:07

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Work (James Suzman)

- Your Highlight at location 2243-2245 | Added on Monday, 13 February 2023 10:22:59

If foragers like the Ju/’hoansi enjoyed a form of affluence without abundance because they had modest desires that were easily met, and lived in an environment that was only ever capable of sustainably meeting those modest desires, the Natufians enjoyed a form of affluence based on far greater material abundance.

==========

Work (James Suzman)

- Your Highlight at location 2373-2375 | Added on Monday, 13 February 2023 10:34:30

In many respects, the hundreds of generations of farmers who lived before the fossil-fuel revolution paid for our extended lifespans and expanded waistlines now by enduring lives that were mostly shorter, bleaker and harder than ours, and almost certainly tougher than those of their foraging ancestors.

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Work (James Suzman)

- Your Highlight at location 2533-2533 | Added on Monday, 13 February 2023 10:48:33

relationships. For domesticated wheat to reproduce, it needs first to be threshed

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Come Up for Air (Nick Sonnenberg)

- Your Bookmark at location 234 | Added on Wednesday, 15 February 2023 20:37:30

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Come Up for Air (Nick Sonnenberg)

- Your Bookmark at location 338 | Added on Thursday, 16 February 2023 19:13:42

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Come Up for Air (Nick Sonnenberg)

- Your Highlight at location 742-743 | Added on Thursday, 16 February 2023 20:13:50

The Scavenger Hunt occurs when people optimize for the speed of transfer of information instead

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Come Up for Air (Nick Sonnenberg)

- Your Highlight at location 742-743 | Added on Thursday, 16 February 2023 20:13:55

The Scavenger Hunt occurs when people optimize for the speed of transfer of information instead of the speed of retrieval of information.

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Come Up for Air (Nick Sonnenberg)

- Your Highlight at location 1069-1069 | Added on Sunday, 19 February 2023 11:23:55

Email is just an external to-do list that others can add to.

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Come Up for Air (Nick Sonnenberg)

- Your Bookmark at location 1136 | Added on Sunday, 19 February 2023 11:30:25

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Come Up for Air (Nick Sonnenberg)

- Your Highlight at location 1689-1694 | Added on Monday, 20 February 2023 12:05:36

Projects, whether you realize it or not, are a fundamental part of nearly all our lives. They create value out of thin air and now make up a significant portion of our economy—so much so that, according to the Harvard Business Review, we are now living in the “project economy.” In 2017, the Project Management Institute estimated that the value of project-oriented economic activity worldwide would grow from $12 trillion in 2017 to $20 trillion in 2027 while putting somewhere in the vicinity of eighty-eight million people into project management–oriented roles. It has been estimated that projects accounted for a whopping 41 percent of Germany’s total GDP in 2019.1

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Come Up for Air (Nick Sonnenberg)

- Your Bookmark at location 1862 | Added on Monday, 20 February 2023 12:20:36

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Come Up for Air (Nick Sonnenberg)

- Your Highlight at location 2131-2131 | Added on Monday, 20 February 2023 12:43:42

A work management tool is optimized to retrieve work-related information.

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Come Up for Air (Nick Sonnenberg)

- Your Bookmark at location 2187 | Added on Monday, 20 February 2023 12:47:55

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Come Up for Air (Nick Sonnenberg)

- Your Highlight at location 2271-2272 | Added on Monday, 20 February 2023 12:53:38

A project implies that there is enough work that it cannot be contained on a single task. Projects typically involve multiple tasks with multiple people, at a minimum.

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Come Up for Air (Nick Sonnenberg)

- Your Bookmark at location 3047 | Added on Tuesday, 21 February 2023 15:09:47

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Come Up for Air (Nick Sonnenberg)

- Your Highlight at location 3391-3395 | Added on Tuesday, 21 February 2023 15:45:47

A work management tool is focused on ad hoc tasks and projects. While they can handle simple recurring tasks, they are not optimized for complex recurring work that involves multiple steps, people, and handoffs, whereas a process management tool very much is. With a process management tool, you’re able to dial in every single step of a process and create the most efficient workflows possible while also minimizing the risk of human error. They’re built specifically for repeatable work that is going to happen over and over.

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Come Up for Air (Nick Sonnenberg)

- Your Bookmark at location 3448 | Added on Tuesday, 21 February 2023 15:54:19

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Come Up for Air (Nick Sonnenberg)

- Your Highlight at location 3605-3607 | Added on Tuesday, 21 February 2023 16:09:33

Ferrari, the most successful Formula 1 team in history, employs role rotation with their twenty-person pit crew so that anyone can cover any role—like changing a tire or adding fuel—in an emergency.6 This prepares them to handle every possible scenario and is one reason why they’ve been able to optimize their pit stops so well.

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Land How the Hunger for Ownership Shaped the Modern (Simon Winchester)

- Your Highlight at location 1022-1024 | Added on Monday, 27 February 2023 12:57:33

It is said by the people of Andorra that their seventy-mile long Pyrenean frontier with France is the oldest established such entity in the world, having been jointly agreed, written into a signed charter, and then marked out with boulders on September 8, 1278.

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Land How the Hunger for Ownership Shaped the Modern (Simon Winchester)

- Your Bookmark at location 3766 | Added on Friday, 3 March 2023 19:33:43

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Land How the Hunger for Ownership Shaped the Modern (Simon Winchester)

- Your Bookmark at location 4819 | Added on Saturday, 4 March 2023 12:35:11

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Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential (Barbara Oakley Phd)

- Your Bookmark on page 9 | location 121 | Added on Tuesday, 7 March 2023 21:24:48

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Chip War (Chris Miller)

- Your Bookmark at location 27 | Added on Sunday, 12 March 2023 19:50:41

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Chip War (Chris Miller)

- Your Highlight at location 763-765 | Added on Monday, 13 March 2023 13:21:32

Integrated circuits didn’t only connect electronic components in innovative ways, they also knit together nations in a network, with the United States at its center.

==========

Chip War (Chris Miller)

- Your Highlight at location 117-121 | Added on Monday, 13 March 2023 13:28:01

At the core of computing is the need for many millions of 1s and 0s. The entire digital universe consists of these two numbers. Every button on your iPhone, every email, photograph, and YouTube video—all of these are coded, ultimately, in vast strings of 1s and 0s. But these numbers don’t actually exist. They’re expressions of electrical currents, which are either on (1) or off (0). A chip is a grid of millions or billions of transistors, tiny electrical switches that flip on and off to process these digits, to remember them, and to convert real world sensations like images, sound, and radio waves into millions and millions of 1s and 0s.

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Chip War (Chris Miller)

- Your Note at location 121 | Added on Monday, 13 March 2023 13:28:20

What is a transistor

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Reboot Your Portfolio Dan Bortolotti (Dan Bortolotti)

- Your Highlight at location 487-488 | Added on Tuesday, 14 March 2023 09:27:01

At the most basic level, the financial planning process comes down to a formula with four inputs: How much money will I need? When will I need it? How much am I currently saving? What rate of return will I need to reach my target?

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Reboot Your Portfolio Dan Bortolotti (Dan Bortolotti)

- Your Note at location 488 | Added on Tuesday, 14 March 2023 09:28:25

Basic planing formula

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Chip War (Chris Miller)

- Your Bookmark at location 2255 | Added on Wednesday, 15 March 2023 05:16:46

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Power Failure (William D. Cohan)

- Your Bookmark at location 11684 | Added on Sunday, 19 March 2023 22:13:49

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Power Failure (William D. Cohan)

- Your Bookmark at location 12095 | Added on Monday, 20 March 2023 12:35:44

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Power Failure (William D. Cohan)

- Your Bookmark at location 3533 | Added on Tuesday, 21 March 2023 17:02:11

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Power Failure (William D. Cohan)

- Your Highlight at location 10429-10429 | Added on Wednesday, 29 March 2023 22:09:03

seven hundred employees, ending the annual management boondoggle

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The Story of the Human Body (Daniel Lieberman)

- Your Highlight on page 374 | location 5722-5723 | Added on Thursday, 6 April 2023 19:19:02

in ways that contribute to atherosclerosis and heart disease. One of these is overconsumption of salt—the only rock we eat.

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The Story of the Human Body (Daniel Lieberman)

- Your Highlight on page 374 | location 5722-5723 | Added on Thursday, 6 April 2023 19:19:10

in ways that contribute to atherosclerosis and heart disease. One

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The Story of the Human Body (Daniel Lieberman)

- Your Highlight on page 374 | location 5723-5723 | Added on Thursday, 6 April 2023 19:19:40

One of these is overconsumption of salt—the only rock we eat.

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Good Arguments - Bo Seo (Bo Seo)

- Your Bookmark at location 4 | Added on Tuesday, 11 April 2023 19:52:08

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Exercised - Daniel Lieberman (Daniel Lieberman)

- Your Highlight at location 609-610 | Added on Saturday, 15 April 2023 13:49:14

The mantra of this book is that nothing about the biology of exercise makes sense except in the light of evolution, and nothing about exercise as a behavior makes sense except in the light of anthropology.

==========

Exercised - Daniel Lieberman (Daniel Lieberman)

- Your Highlight at location 699-701 | Added on Saturday, 15 April 2023 13:54:35

As I asked more questions, he made it pretty clear he thought the concept of needless running was preposterous. “Why,” he asked me with evident disbelief, “would anyone run when they didn’t have to?”

==========

The Secret Life of Fat - Sylvia Tara (Sylvia Tara)

- Your Highlight at location 315-320 | Added on Tuesday, 18 April 2023 22:18:44

A picture emerged showing that the stomach, pancreas, and small intestine break down our food into its components—amino acids, fat, and carbohydrates. These go into the circulatory system, where some get deposited directly into tissues and some go to the liver, where they are broken down and processed further. The liver takes digested food and turns it into substances the body can use for energy, growth, and maintenance. The liver converts a portion of the amino acids we ingest and uses them to create the proteins our bodies need. It takes the remainder of the amino acids, as well as carbohydrates, sugars, and fats, and turns them into three main sources of energy: glucose, glycogen, and fat.

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The Secret Life of Fat - Sylvia Tara (Sylvia Tara)

- Your Highlight at location 323-323 | Added on Tuesday, 18 April 2023 22:19:20

In the body, glucose is cash, glycogen is a checking account, and fat is a certificate of deposit.

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The Secret Life of Fat - Sylvia Tara (Sylvia Tara)

- Your Bookmark at location 327 | Added on Tuesday, 18 April 2023 22:21:09

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The Secret Life of Fat - Sylvia Tara (Sylvia Tara)

- Your Highlight at location 333-334 | Added on Tuesday, 18 April 2023 22:22:09

The scientific term for the process by which our bodies make fat is lipogenesis, while the breakdown of fat to release fatty acids into circulation is called lipolysis. Lipogenesis occurs most notably after we eat and have excess nutrients to store.

==========

The Secret Life of Fat - Sylvia Tara (Sylvia Tara)

- Your Note at location 334 | Added on Tuesday, 18 April 2023 22:22:34

How fat is created and used

==========

The Secret Life of Fat - Sylvia Tara (Sylvia Tara)

- Your Highlight at location 373-375 | Added on Tuesday, 18 April 2023 22:29:40

The type of fat that stores energy is called white fat, and white fat is what we want to lose when we’re overweight. There is also brown fat, which is found in the neck, back, and heart regions. Its color comes from the high density of organelles called mitochondria.

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The Secret Life of Fat - Sylvia Tara (Sylvia Tara)

- Your Note at location 375 | Added on Tuesday, 18 April 2023 22:29:50

Types of fat

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The Secret Life of Fat - Sylvia Tara (Sylvia Tara)

- Your Bookmark at location 3205 | Added on Tuesday, 18 April 2023 22:40:27

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The Price of Time (Edward Chancellor)

- Your Highlight at location 1333-1334 | Added on Monday, 24 April 2023 22:05:39

Without interest, there can be no capital. Without capital, no capitalism.

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The Price of Time (Edward Chancellor)

- Your Highlight at location 4857-4858 | Added on Friday, 28 April 2023 22:31:24

Interest is the wage of abstinence,

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The Price of Time (Edward Chancellor)

- Your Highlight at location 4873-4874 | Added on Friday, 28 April 2023 22:32:46

Irving Fisher put it nicely when he wrote that ‘Interest is, as it were, human impatience crystallized into a market rate.’

==========

The Price of Time (Edward Chancellor)

- Your Highlight at location 4878-4880 | Added on Friday, 28 April 2023 22:34:00

Interest is the toll levied on borrowers for bringing forward consumption and the fee paid to savers for moving consumption into the future.fn1

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The Price of Time (Edward Chancellor)

- Your Highlight at location 4931-4932 | Added on Friday, 28 April 2023 22:40:51

Thanks to the buoyant housing market, homeowners got richer without experiencing the pain of abstinence.

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 191-193 | Added on Monday, 1 May 2023 21:26:17

Everyone experiences pain, makes mistakes, and struggles at some point in their lives. I’ve had my fair share of challenges, but at each stage of my journey, treating my thoughts as treasures worth keeping has been the pivotal element in everything I’ve overcome and achieved.

==========

Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 260-263 | Added on Monday, 1 May 2023 21:41:17

This digital commonplace book is what I call a Second Brain. Think of it as the combination of a study notebook, a personal journal, and a sketchbook for new ideas. It is a multipurpose tool that can adapt to your changing needs over time. In school or courses you take, it can be used to take notes for studying. At work, it can help you organize your

==========

Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 260-263 | Added on Monday, 1 May 2023 21:41:22

This digital commonplace book is what I call a Second Brain. Think of it as the combination of a study notebook, a personal journal, and a sketchbook for new ideas. It is a multipurpose tool that can adapt to your changing needs over time. In school or courses you take, it can be used to take notes for studying. At work, it can help you organize your projects. At home, it can help you manage your household.

==========

Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 543-544 | Added on Monday, 1 May 2023 22:01:11

To guide you in the process of creating your own Second Brain, I’ve developed a simple, intuitive four-part method called “CODE”—Capture; Organize; Distill; Express.

==========

Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 735-736 | Added on Tuesday, 2 May 2023 20:25:22

A knowledge asset is anything that can be used in the future to solve a problem,

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 735-736 | Added on Tuesday, 2 May 2023 20:25:26

change how you think about the world. Or anything in between. A knowledge asset is anything that can be used in the future to solve a problem,

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 735-736 | Added on Tuesday, 2 May 2023 20:25:33

A knowledge asset is anything that can be used in the future to solve a problem, save time, illuminate a concept, or learn from past experience.

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Note at location 899 | Added on Tuesday, 2 May 2023 20:47:54

Main criteria for capturing notes

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 899-899 | Added on Tuesday, 2 May 2023 20:47:54

Ultimately, Capture What Resonates

==========

Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 1100-1100 | Added on Thursday, 4 May 2023 20:30:43

Your Second Brain isn’t just a tool—it’s an environment.

==========

Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 1240-1240 | Added on Thursday, 4 May 2023 20:49:45

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Bookmark at location 1378 | Added on Thursday, 4 May 2023 21:10:55

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 1670-1671 | Added on Friday, 5 May 2023 20:18:51

Progressive Summarization is not a method for remembering as much as possible—it is a method for forgetting as much as possible.

==========

Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 2189-2190 | Added on Saturday, 6 May 2023 11:24:14

Building a Second Brain is really about standardizing the way we work, because we only really improve when we standardize the way we do something.

==========

Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Bookmark at location 2396 | Added on Saturday, 6 May 2023 11:43:30

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 2404-2404 | Added on Saturday, 6 May 2023 11:43:41

Your Turn: Move Fast and Make Things

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Note at location 2404 | Added on Saturday, 6 May 2023 11:44:00

Advice for how to start on a project

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Bookmark at location 2559 | Added on Saturday, 6 May 2023 12:18:16

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 2444-2444 | Added on Saturday, 6 May 2023 12:18:23

The Essential Habits of Digital Organizers

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Note at location 2444 | Added on Saturday, 6 May 2023 12:19:21

This is the chapter that discusses Tiago's checklists for projects

==========

Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 2891-2892 | Added on Saturday, 6 May 2023 13:12:45

Knowledge is the only resource that gets better and more valuable the more it multiplies.

==========

Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Highlight at location 2964-2965 | Added on Saturday, 6 May 2023 13:20:53

Final Thoughts: You Can Do This

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Note at location 2965 | Added on Saturday, 6 May 2023 13:21:10

Summing up the second brain

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A History of the Beginnings of England (Marc Morris)

- Your Bookmark at location 5 | Added on Sunday, 7 May 2023 20:51:43

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A History of the Beginnings of England (Marc Morris)

- Your Highlight at location 785-787 | Added on Monday, 8 May 2023 10:38:44

Among the commonest types of Anglo-Saxon place names are those ending in -ing or -ingham, elements which mean ‘the people of’ and ‘the settlement of the people of’. A place name like ‘Reading’, for example, means ‘Reada’s people’ in Old English, and similarly

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A History of the Beginnings of England (Marc Morris)

- Your Highlight at location 785-787 | Added on Monday, 8 May 2023 10:38:53

Among the commonest types of Anglo-Saxon place names are those ending in -ing or -ingham, elements which mean ‘the people of’ and ‘the settlement of the people of’. A place name like ‘Reading’, for example, means ‘Reada’s people’ in Old English, and similarly ‘Wokingham’ means ‘the settlement of Wocca’s people’.

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Building a Second Brain - Tiago Forte (Tiago Forte)

- Your Bookmark at location 273 | Added on Monday, 8 May 2023 16:40:18

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A History of the Beginnings of England (Marc Morris)

- Your Highlight at location 2783-2787 | Added on Tuesday, 9 May 2023 18:24:35

Other Scandinavian pirates, meanwhile, simply seized the chance to profit from the chaos of the disputed succession. In the same year, a group of them sailed along the Channel and attacked Rouen. According to the Annals of St Bertin, ‘they plundered the town with pillage, fire and sword, slaughtered or took captive the monks and the rest of the population, and laid waste all the monasteries and other places along the banks of the Seine’.19

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A History of the Beginnings of England (Marc Morris)

- Your Highlight at location 3465-3467 | Added on Tuesday, 9 May 2023 21:18:41

Alfred had succeeded in widening the participation in warfare beyond the military elite who traditionally rode into battle with the king. In order to man the walls of his burhs he needed to find thousands upon thousands of lesser men, and convince them (or their lords

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A History of the Beginnings of England (Marc Morris)

- Your Highlight at location 3465-3467 | Added on Tuesday, 9 May 2023 21:18:45

Alfred had succeeded in widening the participation in warfare beyond the military elite who traditionally rode into battle with the king. In order to man the walls of his burhs he needed to find thousands upon thousands of lesser men, and convince them (or their lords) that it was their duty to contribute to the kingdom’s defence.

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A History of the Beginnings of England (Marc Morris)

- Your Bookmark at location 4216 | Added on Thursday, 11 May 2023 18:47:17

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 233 | Added on Friday, 12 May 2023 17:15:58

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 4077 | Added on Friday, 12 May 2023 17:16:13

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 4108 | Added on Friday, 12 May 2023 17:16:51

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Highlight at location 482-483 | Added on Sunday, 14 May 2023 18:51:24

Purposeful practice requires getting out of one’s comfort zone.

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 611 | Added on Sunday, 14 May 2023 21:17:17

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 4155 | Added on Sunday, 14 May 2023 21:18:19

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 960 | Added on Sunday, 14 May 2023 21:39:15

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 4250 | Added on Sunday, 14 May 2023 21:41:08

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Highlight at location 1338-1339 | Added on Monday, 15 May 2023 20:54:20

The main purpose of deliberate practice is to develop effective mental representations, and, as we will discuss shortly, mental representations in turn play a key role in deliberate practice.

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 1454 | Added on Monday, 15 May 2023 21:01:13

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 4336 | Added on Monday, 15 May 2023 21:02:52

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 1902 | Added on Monday, 15 May 2023 22:00:14

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 4440 | Added on Monday, 15 May 2023 22:02:54

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Highlight at location 2005-2007 | Added on Tuesday, 16 May 2023 19:34:22

The deliberate-practice mindset offers a very different view: anyone can improve, but it requires the right approach. If you are not improving, it’s not because you lack innate talent; it’s because you’re not practicing the right way. Once you understand this, improvement becomes a matter of figuring out what the “right way” is. And this,

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Highlight at location 2005-2007 | Added on Tuesday, 16 May 2023 19:34:26

The deliberate-practice mindset offers a very different view: anyone can improve, but it requires the right approach. If you are not improving, it’s not because you lack innate talent; it’s because you’re not practicing the right way. Once you understand this, improvement becomes a matter of figuring out what the “right way” is.

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 2345 | Added on Tuesday, 16 May 2023 20:03:57

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 4550 | Added on Tuesday, 16 May 2023 20:05:33

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Highlight at location 2560-2562 | Added on Tuesday, 16 May 2023 20:20:34

To effectively practice a skill without a teacher, it helps to keep in mind three Fs: Focus. Feedback. Fix it. Break the skill down into components that you can do repeatedly and analyze effectively, determine your weaknesses, and figure out ways to address them.

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 2866 | Added on Tuesday, 16 May 2023 20:53:05

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 4629 | Added on Tuesday, 16 May 2023 20:57:56

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Highlight at location 2870-2871 | Added on Tuesday, 16 May 2023 21:17:47

When he was wooing Klara, he outlined his theories and explained that he was looking for a wife who would collaborate with him to test his theories on their own children.

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 3266 | Added on Tuesday, 16 May 2023 21:40:33

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Peak Secrets from the New Science of Expertise (Anders Ericsson)

- Your Bookmark at location 4715 | Added on Tuesday, 16 May 2023 21:42:09

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Fifth Sun - A new history of the Aztecs (Townsend, Camilla)

- Your Bookmark at location 211 | Added on Thursday, 18 May 2023 20:19:37

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Fifth Sun - A new history of the Aztecs (Townsend, Camilla)

- Your Bookmark at location 213 | Added on Thursday, 18 May 2023 20:20:07

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Highlight at location 81-83 | Added on Monday, 22 May 2023 22:00:46

We rely on credit and debit cards almost daily but rarely think about what needs to happen for a swipe to turn into a successful transaction. This book will take an in-depth look into how card-based payments work, from the Merchants who want to accept payments to the banks that issue millions of cards a year to consumers wanting to transact by using a piece of plastic in their wallet.

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Highlight at location 248-248 | Added on Monday, 22 May 2023 22:16:41

Payments Ecosystem Overview What’s needed to enable a card-based swipe?

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Note at location 248 | Added on Monday, 22 May 2023 22:17:00

Title and overview

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Note at location 265 | Added on Monday, 22 May 2023 22:20:44

What is an issuer and an issuer processor?

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Highlight at location 258-265 | Added on Monday, 22 May 2023 22:20:44

Key Term: Issuer An Issuer or Issuing Bank’s function is to underwrite the user by giving them a bank account, a debit card, and potentially access to credit facilities and a credit card. Examples include Citibank, Wells Fargo, US Bank, and Chase. Key Term: Issuer Processor The Issuer needs a technology provider that can connect with the payment networks. Usually, the Issuer Processor will have a piece of hardware in their data centers and a fast network connection directly to the payment networks to approve or decline a transaction. Sometimes, the Issuer may have built this technology in-house or may rely on a third-party Issuer Processor to handle this. Examples include Marqeta, Tsys, Galileo, i2c.

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Highlight at location 355-355 | Added on Tuesday, 23 May 2023 21:48:53

chapter 2 Anatomy of the swipe part 1: Authorization

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Highlight at location 364-368 | Added on Tuesday, 23 May 2023 21:49:06

Key Term: Authorization Authorization happens at the moment of the swipe, dip, or tap at the payment terminal. This action typically places a hold of funds on the cardholder’s account if the cardholder has enough money in their account, or it may decline the transaction if the cardholder doesn’t have enough money in their account or if other restrictions are on this type of spend.

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Note at location 368 | Added on Tuesday, 23 May 2023 21:49:38

Definition of Authorization

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Highlight at location 538-543 | Added on Tuesday, 23 May 2023 22:14:52

Zero Liability Policy In the alternative case, if Emmet or his wife didn’t make the purchase at Katy Spade, Emmet would qualify for Visa’s Zero Liability policy. Since neither he nor his wife made the charge, they wouldn’t have to pay for this and would get refunded. The cost to Emmet is that he’s going to need to be reissued a new card with a new number and then he would need to go and update his streaming subscriptions, mobile phone bill, and a number of other recurring billers to have the new card number in addition to updating all of his online shopping websites the next time he shops there.

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Note at location 543 | Added on Tuesday, 23 May 2023 22:15:07

Zero liability chargee

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Note at location 543 | Added on Tuesday, 23 May 2023 22:15:21

Zero liability policy

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Note at location 593 | Added on Tuesday, 23 May 2023 22:21:58

Cvv definition

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Highlight at location 593-593 | Added on Tuesday, 23 May 2023 22:21:58

Card Verification Value (CVV)

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Highlight at location 707-712 | Added on Thursday, 25 May 2023 19:57:17

The typical mode of operating for these card networks is via the “Credit Network.” Sometimes, when you go to make a swipe at a card terminal, it will ask you if you want to use “Credit” or “Debit.” In most cases, you will select “Credit” if you have a credit card, and you can also select this if you have a debit card. The key difference to the cardholder is that if you select “Credit,” you may need to sign for the purchase, whereas if you select “Debit” then you will need to put in your four-digit PIN. However, under the hood, by selecting “Credit,” your card will actually charge the Merchant a higher Interchange rate. If you select “Debit,” the Merchant will be charged a lower Interchange rate. This transaction mode is also referred to as a “Signature Purchase.”

==========

The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Highlight at location 912-915 | Added on Thursday, 25 May 2023 20:31:26

Key Term: Independent Sales Organization (ISO) An ISO is granted a license to sell Merchant acquiring services from a Merchant Acquirer such as Wells Fargo or Chase Paymentech.

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The Anatomy of the Swipe (Ahmed Siddiqui)

- Your Highlight at location 1024-1026 | Added on Thursday, 25 May 2023 20:45:29

Key Term: Payment Service Provider (PSP) A PSP is an aggregator of payment methods. It allows a website operator to get paid via debit cards, mobile wallets, and financing schemes.

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The Price of Peace (Zachary D. Carter)

- Your Bookmark at location 9790 | Added on Friday, 26 May 2023 21:48:40

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Ergodicity (Luca Dellanna)

- Your Highlight at location 43-45 | Added on Monday, 29 May 2023 16:30:22

Time horizons are the bases of our decisions – and of our regrets. Live as if you would die tomorrow, and you will regret not having pursued long-term engagements (such as fulfilling professional ambitions, building a family, and so on); and live as if you couldn’t die and you will regret not having done what you can’t do anymore.

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Ergodicity (Luca Dellanna)

- Your Note at location 45 | Added on Monday, 29 May 2023 16:31:41

Almost all decisions are dictated by time horizons

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Ergodicity (Luca Dellanna)

- Your Highlight at location 75-76 | Added on Monday, 29 May 2023 16:35:49

In skiing, and life in general, it is not the best ones who succeed. It is the best ones of those who survive.

==========

Ergodicity (Luca Dellanna)

- Your Highlight at location 90-91 | Added on Monday, 29 May 2023 16:40:38

The point is, in a single instant of time, pure performance is all that matters. Instead, over a prolonged period of time, survival dwarfs performance.

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Ergodicity (Luca Dellanna)

- Your Note at location 91 | Added on Monday, 29 May 2023 16:41:23

What is ergodicity

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Ergodicity (Luca Dellanna)

- Your Highlight at location 95-96 | Added on Monday, 29 May 2023 16:43:20

If we make decisions based on what happens over narrow intervals and forget about these “phantom consequences,” we will make bad decisions.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 107-108 | Added on Monday, 29 May 2023 16:47:03

Too often, we observe a snapshot of someone’s life and believe that we witnessed a piece of short-term performance. But if practice is required to get to a place where one can attempt that, then what we are really observing is long-term performance.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 116-117 | Added on Monday, 29 May 2023 16:50:42

More in general, in any endeavor in which success depends on you accumulating some kind of resource (money, skill, connections, trust13, etc.), do not maximize growth regardless of survival. Instead, maximize growth that conserves survival.

==========

Ergodicity (Luca Dellanna)

- Your Highlight at location 162-163 | Added on Monday, 29 May 2023 16:58:59

Whenever an activity cannot be assumed repeatable at infinity, we should be wary of expecting to achieve its average outcome.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 200-201 | Added on Monday, 29 May 2023 17:18:13

A system is ergodic21 if its population outcome coincides with the lifetime outcome of each of its components. Otherwise, it is non-ergodic.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 244-244 | Added on Monday, 29 May 2023 17:29:49

It’s easy to envy the lottery winner; harder to envy the whole population of lottery players.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 251-255 | Added on Monday, 29 May 2023 17:32:14

Here are a few key points covered so far: - Irreversibility absorbs future gains. - We call “population outcome” the outcome of many people performing an action once, and “lifetime outcome” the outcome of one person performing an action many times. If they differ, the system that produces them is non-ergodic. - You can only rely on expected outcomes if you are guaranteed a large number of repetitions. Otherwise, they are misleading. (The law of large numbers requires a large number of repetitions). - Risk aversion is rational in the presence of non-ergodicity.

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Ergodicity (Luca Dellanna)

- Your Note at location 255 | Added on Monday, 29 May 2023 17:32:28

Chapter 1 notes

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Ergodicity (Luca Dellanna)

- Your Highlight at location 331-335 | Added on Monday, 29 May 2023 17:51:10

If you find yourself in a non-ergodic context, do not care about the average outcome, but about your own. Do not rely on averages but on probabilities of irreversible individual outcome. Use more granular data. Ask yourself what might happen to you. Ask yourself if and how unexpected losses can negate your future plans. For example, do not invest all your money in the one investment with the highest average return. Instead, consider what would happen in case of a downturn. Do not care about average returns – only about those with which you could end up.

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Ergodicity (Luca Dellanna)

- Your Note at location 335 | Added on Monday, 29 May 2023 17:52:18

What to consider if in a non-ergodic situation

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Ergodicity (Luca Dellanna)

- Your Highlight at location 357-358 | Added on Monday, 29 May 2023 18:01:35

In general, the survival of a population does not coincide with the survival of its members, not all of them.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 376-377 | Added on Monday, 29 May 2023 18:04:23

As an individual, you cannot blindly rely on membership of a group for your survival. Instead, become an irreplaceable part of it. This way, the group deems your loss irrecoverable and acts to prevent it at all costs.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 385-390 | Added on Monday, 29 May 2023 18:09:30

Chapter 2.4 The point so far Over the previous pages, we have seen three “paradoxes” of non-ergodicity. 1) It is not performance that is the most important factor for long-term performance but survival. 2) Something can work on average and still fail with permanent consequences. 3) What’s best for the survival of the individual isn’t necessarily what’s best for the survival of the population, and the other way around. All three assertions only apply to non-ergodic contexts. Hence the importance of understanding ergodicity. Whether you are in an ergodic world or not determines what is rational and what isn’t.

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Ergodicity (Luca Dellanna)

- Your Note at location 389 | Added on Monday, 29 May 2023 18:09:45

Chapter 2 notes

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Ergodicity (Luca Dellanna)

- Your Highlight at location 416-417 | Added on Monday, 29 May 2023 19:37:11

Game-overs bring non-ergodicity.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 422-423 | Added on Monday, 29 May 2023 19:38:25

Here is a simple test to estimate whether a situation is ergodic. “Are there irreversible consequences?” If yes, it is non-ergodic.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 520-522 | Added on Monday, 29 May 2023 21:45:55

A balanced or medium-risk exposure does not do the trick. It would be like playing Russian Roulette with one-in-twelve bullets rather than one-in-six: it just means that the game-over is delayed but does not prevent it. Conversely, the barbell strategy is like playing Russian Roulette without pointing the gun to your skull but to a $100 banknote.

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Ergodicity (Luca Dellanna)

- Your Note at location 522 | Added on Monday, 29 May 2023 21:46:11

Barbell strategy

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Ergodicity (Luca Dellanna)

- Your Highlight at location 669-679 | Added on Monday, 29 May 2023 22:11:05

Chapter 4.6 Summary of the first strategy, reducing exposure The first strategy to manage non-ergodicity is to reduce your exposure to irreversibility. In particular, we saw how: - You can only optimize in reversible domains. Otherwise, you should first think about avoiding irreversibility. - You can reduce exposure to irreversibility by exposing only part of yourself (or of your assets, reputation, etc.). This is safer and more effective than going all-in on a medium-risk activity. - It is safer to keep a bit of yourself exposed to risk (to grab some upside) than not doing it. Otherwise, we involuntarily expose ourselves to the risks of inaction and obsolescence. - An effective tactic consists in fractal systems and decreasing the ergodicity of the lower layers to increase that of the higher ones. - Nature gave us tools to manage non-ergodicity, in the form of moods and fear. Here are a few ways in which you can apply the first strategy: - Invest your money as a barbell (most in low-downside assets, a bit in high-upside ones). - Invest your time as a barbell (most in activities that strengthen your bedrock, a bit in explorative ones). - Purposefully test your habits and beliefs to get rid of those that

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Ergodicity (Luca Dellanna)

- Your Note at location 679 | Added on Monday, 29 May 2023 22:11:32

Chapter 4 summary

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Ergodicity (Luca Dellanna)

- Your Highlight at location 679-680 | Added on Monday, 29 May 2023 22:11:41

are negatively impacting your life or making you weak, while keeping an eye out for overoptimization to temporary trends.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 708-709 | Added on Tuesday, 30 May 2023 17:59:24

a population can decrease its exposure to irreversibility by exposing its members to it.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 725-732 | Added on Tuesday, 30 May 2023 18:02:24

Chapter 5.4 Summary of the second strategy, skin in the game We saw how: - Skin in the game acts as an incentive and as a filter that removes dangerous individuals from the community and prevents dangerous behaviors from spreading. - Sociality helps aligning incentives within a community and conserving precious variance. It makes one feel like he cannot act against his community and then “jump ships.” Here are some practical applications: - Be wary of advice from people without skin in the game. They might be incompetent or not have your best interest at heart. - Be wary of envying people without skin in the game. Imitating them might expose you to problems you didn’t consider. - Careful of removing social bonding from your life or organization in the name of efficiency: it has a purpose.

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Ergodicity (Luca Dellanna)

- Your Note at location 732 | Added on Tuesday, 30 May 2023 18:03:10

Chapter 5 review: Skin in the game

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Ergodicity (Luca Dellanna)

- Your Highlight at location 940-941 | Added on Tuesday, 30 May 2023 18:37:31

The easiest way to increase short-term performance is to do so at the cost of long-term performance. It

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Ergodicity (Luca Dellanna)

- Your Highlight at location 940-941 | Added on Tuesday, 30 May 2023 18:37:38

The easiest way to increase short-term performance is to do so at the cost of long-term performance.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 965-966 | Added on Tuesday, 30 May 2023 18:39:58

Why so many employees burn-out. A company cares about performance across all its employees in a given month, but an employee cares about his performance across his whole career.

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Ergodicity (Luca Dellanna)

- Your Highlight at location 1041-1047 | Added on Tuesday, 30 May 2023 18:47:00

Conclusions In the first half of this book, I explained how mistaking a non-ergodic system for an ergodic one causes wrong decisions. In particular: - In the first part of the book, I showed how irreversibility causes losses to absorb future gains. - In the second part, we saw how systems can work on average and still fail locally, if losses are irreversible for its local components. - In the third part, we learned that a system is non-ergodic if the lifetime outcomes of its participants do not coincide with the expected outcome. Then, in the second half of the book, I described three strategies to manage non-ergodicity: - The barbell strategy: avoid exposing all of yourself to a risk of ruin, no matter how small. - Skin in the game: ensure that the dangerous gets removed, fast. - Redistribution: it’s good for you, even if you’re above average.

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Ergodicity (Luca Dellanna)

- Your Note at location 1044 | Added on Tuesday, 30 May 2023 18:47:34

Overall book conclusions

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Ergodicity (Luca Dellanna)

- Your Highlight at location 1058-1059 | Added on Tuesday, 30 May 2023 18:49:01

Distinguish between calculated risks whose consequences you can recover from and recklessness whose consequences might permanently debilitate you. There is a sweet spot where you expose yourself to the former but not the latter – that’s a good place to aim.

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Capital without borders (Brooke Harrington)

- Your Highlight at location 185-187 | Added on Monday, 5 June 2023 21:33:47

As world wealth has grown to record levels in recent years—to an estimated $241 trillion—inequality has also grown, with 0.7 percent of the global population owning 41 percent of the assets.

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Capital without borders (Brooke Harrington)

- Your Note at location 187 | Added on Monday, 5 June 2023 21:34:17

As of 2013

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Capital without borders (Brooke Harrington)

- Your Highlight at location 225-226 | Added on Monday, 5 June 2023 21:38:15

The use of trusts is particularly common because most jurisdictions do not require them to be registered, and even in the few places where registration of trustees is required, the identities of settlors and beneficiaries remain secret.

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Capital without borders (Brooke Harrington)

- Your Highlight at location 626-628 | Added on Tuesday, 6 June 2023 19:02:17

This innovative strategy of applying two forms of ownership—legal and beneficial—simultaneously to a single property makes trusts “the most distinctive achievement of Anglo-American law.”

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Capital without borders (Brooke Harrington)

- Your Highlight at location 1772-1772 | Added on Wednesday, 7 June 2023 16:07:00

lose their wealth to unnecessary taxes or get caught up in probate.

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Capital without borders (Brooke Harrington)

- Your Highlight at location 2340-2349 | Added on Wednesday, 7 June 2023 19:08:59

Historically, trusts have been used by wealthy people to ensure that they maintain some control over who gets their wealth when they die. “The origin of the Trust,” wrote the late Frederic Maitland, one of the great legal authorities on the subject, is that “the Englishman … would like to provide for his daughters and younger sons. That is the root of the matter.”105 As discussed in Chapter 2, practices such as primogeniture—in which the eldest male inherited the entire family estate—meant dispossession and penury for many women when their fathers or husbands died, and for many younger sons as well. Trusts for these economically vulnerable family members offered a safety net.106 Trusts were also useful in protecting the wealth inherited by daughters, in case they happened to marry spendthrift husbands. During the centuries when the doctrine of couverture was in force, husbands automatically assumed ownership of any assets women brought into marriage. Trusts, administered on the women’s behalf by a male trustee, were the only way married women could maintain separate property.

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Capital without borders (Brooke Harrington)

- Your Note at location 2349 | Added on Wednesday, 7 June 2023 19:09:26

Why trusts came into being

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Capital without borders (Brooke Harrington)

- Your Highlight at location 2451-2454 | Added on Wednesday, 7 June 2023 19:21:00

The offshore setting plays a key role in these strategies because it provides a permissive environment for financial-legal creativity—specifically, “innovation that allows actors to greatly minimize, if not fully escape centralized country laws, in favor of alternative legal systems.”

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Capital without borders (Brooke Harrington)

- Your Note at location 2454 | Added on Wednesday, 7 June 2023 19:21:13

Why offshore?

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Capital without borders (Brooke Harrington)

- Your Highlight at location 2457-2462 | Added on Wednesday, 7 June 2023 19:22:16

Trusts.  Trusts, which have been described briefly in the previous chapters, are devices for protecting wealth from taxes, creditors, and regulators. This protection is achieved through a legal fiction with financial consequences: dividing ownership into two components. In practice, this means that when trusts are created, the benefits of ownership go to one set of actors, while the obligations (such as the payment of taxes) go to another set. The actors with the obligations are called fiduciaries, while the actors who enjoy the benefits are called beneficiaries.121

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Capital without borders (Brooke Harrington)

- Your Note at location 2462 | Added on Wednesday, 7 June 2023 19:22:51

1 paragraph description on trusts

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Capital without borders (Brooke Harrington)

- Your Highlight at location 2467-2470 | Added on Wednesday, 7 June 2023 19:23:33

One legal scholar boiled down the trust concept to this simple idea: “A trust is a device for enabling one to enjoy … the benefits of ownership without subjection to all the duties and liabilities resulting from ownership.”123

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Capital without borders (Brooke Harrington)

- Your Note at location 2469 | Added on Wednesday, 7 June 2023 19:23:49

Pithy description of trusts

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Capital without borders (Brooke Harrington)

- Your Highlight at location 2479-2481 | Added on Wednesday, 7 June 2023 19:25:09

Crucially, trusts are not taxed as entities, the way firms are; the assets held in trust are taxed and regulated based on the jurisdiction where the legal owner (the wealth manager) lives.

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Capital without borders (Brooke Harrington)

- Your Note at location 2481 | Added on Wednesday, 7 June 2023 19:25:41

Tax implications of trusts

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Capital without borders (Brooke Harrington)

- Your Highlight at location 2539-2551 | Added on Wednesday, 7 June 2023 19:39:35

Specifically, the law of foundations allows several things that would put a trust structure at risk of being declared a sham—that is, legally invalidated. First, the person who establishes the foundation can be both a beneficiary and a member of the foundation’s managing council (similar to a firm’s board of directors). As a member of the managing council, the founder—instead of a trustee—directs how the foundation’s assets are invested and managed. This is particularly appealing to individuals who put assets such as a family business into their foundations. And crucially, a founder can take assets from the foundation at his or her own discretion, instead of requesting distributions from a trustee, as would be necessary if the assets were held in trust.137 Like corporations, foundations have the status of persons in the eyes of the law, and must be publicly registered in consequence. In some respects, this is convenient: unlike a trust, which is a relationship rather than a legal person, a foundation or a firm can open a bank account and enter into contracts. And unlike a trust, foundations can exist in perpetuity. This structure is particularly useful for individuals in civil-law countries that do not recognize trusts, since the quasi-corporate “face” of the foundation gives it a ready-made place in legal and financial transactions in those jurisdictions. For many clients from civil-law jurisdictions, this combination of traits would seem to make the foundation a best-of-both-worlds proposition. As Parvita—a Mauritius practitioner—put it, “The foundation is dressed like a corporation yet has the soul of a trust.”

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Capital without borders (Brooke Harrington)

- Your Note at location 2551 | Added on Wednesday, 7 June 2023 19:39:51

Foundations vs trusts

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Capital without borders (Brooke Harrington)

- Your Highlight at location 2551-2562 | Added on Wednesday, 7 June 2023 19:41:18

However, foundations do have four significant downsides compared to trusts. For one thing, there is greater administrative complexity and thus higher transaction costs, which create a drain on the wealth held in the structure. Much like corporations, foundations are required to establish bylaws and articles, to create regular financial statements for the managing council to review, and to provide for audits.138 Second, in many jurisdictions, foundations are subject to taxation, and transfers of assets into noncharitable foundations can be taxed.139 Third, as a legal person that owns assets, foundations can be sued and go bankrupt.140 This is in contrast to a trust arrangement, in which there is no legal personality, but only a “natural person” (the fiduciary) who holds only partial ownership rights; this makes it difficult to access the trust assets through lawsuits. Finally, foundations have a drawback with respect to preserving the anonymity of the founders. The structures are established through means of a foundation deed—similar to a corporate charter—which must be filed with the government where the foundation is based.141 In many jurisdictions, this means that the name of the founder becomes a matter of public record, undermining the privacy that so many high-net-worth individuals seek.

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Capital without borders (Brooke Harrington)

- Your Note at location 2562 | Added on Wednesday, 7 June 2023 19:41:39

Downsides of foundations versus trusts

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Capital without borders (Brooke Harrington)

- Your Highlight at location 2580-2586 | Added on Wednesday, 7 June 2023 19:44:29

The form remains popular for three reasons. First, it is universally recognized: unlike the trust, which is a product of England’s unique ecclesiastical equity courts and their rulings based on moral right, the corporation was created by statute law, which exists worldwide.148 This has made corporations an excellent vehicle for global trading, as exemplified by the multinational corporation. Second, the corporate form offers limited liability, meaning that if a firm incurs debts or goes bankrupt, its officers and shareholders are not personally responsible for paying the creditors. Third, corporations are not time-limited: as long as they have operating capital, they can stay in business.

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Capital without borders (Brooke Harrington)

- Your Note at location 2586 | Added on Wednesday, 7 June 2023 19:44:54

3 reasons for corporations

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Capital without borders (Brooke Harrington)

- Your Note at location 2648 | Added on Wednesday, 7 June 2023 19:51:06

Table comparing corporations vs trusts

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Capital without borders (Brooke Harrington)

- Your Highlight at location 2648-2648 | Added on Wednesday, 7 June 2023 19:51:06

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Capital without borders (Brooke Harrington)

- Your Note at location 2648 | Added on Wednesday, 7 June 2023 19:51:54

Table comparing corporations, foundations & trusts

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Capital without borders (Brooke Harrington)

- Your Highlight at location 2847-2847 | Added on Wednesday, 7 June 2023 20:34:55

But while wealth generates income, it is more difficult for income to generate wealth.

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Death or Victory (Dan Snow)

- Your Bookmark at location 19 | Added on Friday, 9 June 2023 19:45:02

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Death or Victory (Dan Snow)

- Your Highlight at location 503-505 | Added on Friday, 9 June 2023 20:46:37

Wolfe is strangely inaccessible. He was certainly melodramatic, sensitive, and prone to self-pity. Many of his letters drip with disapproval for fellow officers and contain an almost puritanical adherence to duty. As a result he is often portrayed as aloof and uneasy among

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Death or Victory (Dan Snow)

- Your Bookmark at location 1469 | Added on Sunday, 11 June 2023 13:23:52

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 536-538 | Added on Wednesday, 14 June 2023 21:11:30

and why thrillers and murder mysteries are called page‐turners.)3 Humans are also poor at estimating

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 522-525 | Added on Wednesday, 14 June 2023 21:11:42

Whether a modest chore or a life‐changingly significant undertaking, in the end both earn the same checkmark. This unevenness often makes us prefer blasting through the easy items on our list rather than struggling through something difficult, even when that difficult task is meaningful. And because these throwaway tasks are never‐ending, it's very easy to avoid meaningful work indefinitely.

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Automate Your Busywork (Tank, Aytekin)

- Your Bookmark at location 563 | Added on Wednesday, 14 June 2023 21:16:20

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Automate Your Busywork (Tank, Aytekin)

- Your Bookmark at location 3088 | Added on Wednesday, 14 June 2023 21:18:28

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 730-730 | Added on Wednesday, 14 June 2023 21:32:05

Workflows are a series of interconnected steps that produce a result.

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 784-784 | Added on Wednesday, 14 June 2023 21:34:44

This is the essence of a workflow: mapping out the full process in advance.

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 816-828 | Added on Wednesday, 14 June 2023 21:38:51

But to be clear: not every task has a workflow. You can't develop a systematic workflow for highly creative and strategic tasks, like writing, brainstorming, planning, or having complex personal conversations. Workflows are most effective for activities that have the following qualities: ARE REPETITIVE AND SYSTEMATIC: such as manually adding travel receipts, bills, and other artifacts to a spreadsheet or uploading them to accounting software ARE RECURRING: such as sending individual follow‐up emails to clients and prospects FOLLOW A SET PATTERN: such as checking each new customer support ticket to determine where it's from, confirm the customer's account details, and assign it to the appropriate individual or team for follow‐up REQUIRE LITTLE-TO-NO PERSONAL INPUT: such as manually confirming or denying every time‐off request by checking the balance of available vacation days and sending a personalized email INVOLVE MULTIPLE, INTERCONNECTED STEPS: such as manually onboarding new team members—human resources (HR) adds them to accounting and HR software, IT supplies hardware and access codes, etc. CAN BE DELEGATED: such as running the same marketing campaign across each different region CAN BE DELAYED: such as nonurgent emails that

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Automate Your Busywork (Tank, Aytekin)

- Your Note at location 828 | Added on Wednesday, 14 June 2023 21:39:17

What counts as a workflow

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Automate Your Busywork (Tank, Aytekin)

- Your Note at location 896 | Added on Wednesday, 14 June 2023 21:45:35

Steps for workflow

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 885-896 | Added on Wednesday, 14 June 2023 21:45:35

Sorting Out the Steps Stay with me as we get just a little more granular. We know there are different workflow models (linear, nonlinear, loop, and parallel), and every workflow has four elements (trigger, steps, results, outcome). Every workflow step can also be categorized in one of three ways—input, transformation, or output: Input: Workflow inputs are the materials and resources required to complete a step. For example, if your workflow is designed to onboard new employees, it would include all the forms new employees would fill out before they can be added to the payroll. Transformation: Transformation components are the specific rules that state (1) how the input is received and (2) what happens to that input once it's received. For example, new employee forms are submitted electronically to the payroll department, and the appropriate person adds the new employee to the payroll—ensuring all the deductions are entered correctly. Output: The output components are the materials and resources produced by the transformation step; they become inputs in the next step. The transformation step in the employee onboarding example produced the information for payroll, which becomes input to the next step, which is paying the employee during the next pay period.

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Automate Your Busywork (Tank, Aytekin)

- Your Bookmark at location 1250 | Added on Wednesday, 21 June 2023 17:47:18

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Automate Your Busywork (Tank, Aytekin)

- Your Bookmark at location 1477 | Added on Wednesday, 21 June 2023 18:06:03

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 1569-1571 | Added on Wednesday, 21 June 2023 18:28:06

Software evolves at lightning speed. Today's top products may change tomorrow, and new options will emerge every day. But as I'm writing this, some of the best workflow diagram programs on the market include Lucidchart, Microsoft Visio, Tallyfy, Draw.io, SmartDraw, and Gliffy.

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Automate Your Busywork (Tank, Aytekin)

- Your Note at location 1571 | Added on Wednesday, 21 June 2023 18:28:22

Flowchart software

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 1967-1970 | Added on Wednesday, 21 June 2023 19:23:48

Getting a bad haircut is usually worse than missing an appointment with your stylist. A large portion of a tasteless dish is rarely better than a smaller portion of a delicious meal. There are many times in life when the outcome is more important than the output. In the same vein, your workflow shouldn't just work; the system should create value for you and everyone else involved. Quality beats quantity.

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 2382-2386 | Added on Wednesday, 21 June 2023 20:06:26

Automate Your Memory We forget the vast majority of the information we receive. Put simply, we tend to recall things that have meaning or that are presented in a clear and logical way—while we tend to forget things we don't try to commit to our long‐term memories. (For more, check out the work of German psychologist Hermann Ebbinghaus; his “Forgetting Curve” illustrates how memory fades in the absence of repetition.

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 3672-3675 | Added on Wednesday, 21 June 2023 21:24:54

Create a workflow with customizable scripts Make the same changes to multiple files—such as changing filenames, adding dates, or resizing images—by creating a custom, no‐code workflow. TOOLS: AutoHotkey, Mac Automator KEYWORDS: automation

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Automate Your Busywork (Tank, Aytekin)

- Your Highlight at location 3672-3676 | Added on Wednesday, 21 June 2023 21:25:02

Create a workflow with customizable scripts Make the same changes to multiple files—such as changing filenames, adding dates, or resizing images—by creating a custom, no‐code workflow. TOOLS: AutoHotkey, Mac Automator KEYWORDS: automation with scripting, integration connection

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The rise and fall of the dinosaurs (Steve Brusatte)

- Your Bookmark at location 4479 | Added on Saturday, 24 June 2023 13:29:29

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 544 | Added on Saturday, 24 June 2023 13:46:29

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 782 | Added on Saturday, 24 June 2023 13:47:02

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 15 | Added on Saturday, 24 June 2023 13:47:14

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 5358 | Added on Saturday, 24 June 2023 14:15:27

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Ultra Processed People (Chris van Tulleken)

- Your Highlight at location 1072-1080 | Added on Sunday, 25 June 2023 17:13:59

In short, there aren’t any supplements that work for healthy people. Beneficial nutrients only seem to help us when we consume them in context. Fish oil doesn’t benefit us, but oily fish do. It seems unbelievable, I know. There’s no supplement, vitamin or antioxidant that decreases risk of death, or even of disease of any kind in healthy people. Almost all the large-scale independent studies of multivitamin and antioxidant supplements have shown that, if anything, they increase the risk of death. This is especially true for vitamin E, beta-carotene and high-dose vitamin C.11, 12, 13 If you can understand that outside the context of possible deficiency vitamins supplements don’t work, then you have begun to understand that food and food extracts are not the same. Remember the effect of arms races: food is complex.

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Ultra Processed People (Chris van Tulleken)

- Your Note at location 1080 | Added on Sunday, 25 June 2023 17:15:34

The issue with vitamins and supplements

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 1144 | Added on Sunday, 25 June 2023 17:20:03

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Ultra Processed People (Chris van Tulleken)

- Your Highlight at location 1309-1312 | Added on Sunday, 25 June 2023 17:33:49

‘Some people think that UPF is just lousy food in terms of nutrition and that it’s eaten by people who eat generally poor diets. But when you correct for all that, the effects on death and depression and weight and heart attacks remain the same.’ It is the ultra-processing, not the nutritional content, that’s the problem.

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 1431 | Added on Sunday, 25 June 2023 17:40:57

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 1596 | Added on Sunday, 25 June 2023 17:48:15

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Ultra Processed People (Chris van Tulleken)

- Your Highlight at location 1664-1664 | Added on Sunday, 25 June 2023 20:13:17

So, food can be anything that wants an electron less than breath does.

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Ultra Processed People (Chris van Tulleken)

- Your Highlight at location 1964-1965 | Added on Sunday, 25 June 2023 21:00:19

Several members of the Ptolemaic dynasty, which ruled Egypt from 305 to 30 BC, were purported to be obese to such an extent that their breathing was disrupted at night. Alexandrians gave Ptolemy VIII the nickname ‘Physcon’, meaning ‘large bubble’.

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 2085 | Added on Sunday, 25 June 2023 21:14:27

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 2575 | Added on Sunday, 25 June 2023 21:57:25

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Ultra Processed People (Chris van Tulleken)

- Your Highlight at location 2767-2768 | Added on Monday, 26 June 2023 10:52:37

The difference in people’s weight has nothing to do with willpower. It’s simply a collision of genes and the constraints of the food environment. The most famous test of willpower showed exactly this.

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Automate Your Busywork (Tank, Aytekin)

- Your Bookmark at location 1287 | Added on Monday, 26 June 2023 18:01:41

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Automate Your Busywork (Tank, Aytekin)

- Your Bookmark at location 1480 | Added on Monday, 26 June 2023 18:06:01

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Ultra Processed People (Chris van Tulleken)

- Your Highlight at location 3170-3172 | Added on Monday, 26 June 2023 21:41:23

The main difference in the effects of the two diets that Hall observed was that people ate the UPF much more quickly. And, as well as being soft, most UPF is dry, which means that it’s calorie-dense. Water dilutes everything, including energy. Meat, fruit and vegetables typically have a very high water content.

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Ultra Processed People (Chris van Tulleken)

- Your Note at location 3172 | Added on Monday, 26 June 2023 21:41:47

Dry food is more calorie dense

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Ultra Processed People (Chris van Tulleken)

- Your Highlight at location 3173-3174 | Added on Monday, 26 June 2023 21:42:52

This dryness is crucial to UPF. It’s one of the key ways of stopping microbes from growing in it, contributing to the absurdly long shelf life that helps make UPF so profitable. The stuff doesn’t decompose.

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Ultra Processed People (Chris van Tulleken)

- Your Note at location 3174 | Added on Monday, 26 June 2023 21:43:20

Why UPF has such good shelf life

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 3244 | Added on Monday, 26 June 2023 21:48:16

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 3439 | Added on Monday, 26 June 2023 22:11:50

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Automate Your Busywork (Tank, Aytekin)

- Your Bookmark at location 1464 | Added on Tuesday, 27 June 2023 18:38:50

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 3914 | Added on Tuesday, 27 June 2023 20:12:13

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Ultra Processed People (Chris van Tulleken)

- Your Bookmark at location 4651 | Added on Tuesday, 27 June 2023 21:34:14

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The Comeback: Greg LeMond, the True King of American Cycling, and a Legendary Tour De France (Daniel de Vise)

- Your Highlight on page 27 | location 408-413 | Added on Sunday, 2 July 2023 19:50:50

Greg had inherited his mighty heart from his father—and from his mother. At the cellular level, Greg’s cardiovascular power came from his mitochondria, the tiny furnaces that convert oxygen and nutrients into energy. Mitochondria concentrate in skeletal muscle and in the heart, making up about one-third of its volume. They adapt and multiply to meet the body’s needs. Thus, through genetics or conditioning or both, elite athletes have more mitochondria, and more productive mitochondria, than other people. Greg, who could consume more oxygen for energy than any other cyclist on the West Coast, had more mitochondria—or “better” mitochondria—than other elite athletes. And mitochondria are passed down by the mother.

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The Comeback: Greg LeMond, the True King of American Cycling, and a Legendary Tour De France (Daniel de Vise)

- Your Highlight on page 27 | location 408-413 | Added on Sunday, 2 July 2023 19:50:57

Greg had inherited his mighty heart from his father—and from his mother. At the cellular level, Greg’s cardiovascular power came from his mitochondria, the tiny furnaces that convert oxygen and nutrients into energy. Mitochondria concentrate in skeletal muscle and in the heart, making up about one-third of its volume. They adapt and multiply to meet the body’s needs. Thus, through genetics or conditioning or both, elite athletes have more mitochondria, and more productive mitochondria, than other people. Greg, who could consume more oxygen for energy than any other cyclist on the West Coast, had more mitochondria—or “better” mitochondria—than other elite athletes. And mitochondria are passed down by the mother.

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The Comeback: Greg LeMond, the True King of American Cycling, and a Legendary Tour De France (Daniel de Vise)

- Your Bookmark on page 158 | location 2414 | Added on Monday, 3 July 2023 10:28:03

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The Comeback: Greg LeMond, the True King of American Cycling, and a Legendary Tour De France (Daniel de Vise)

- Your Highlight on page 173 | location 2650-2652 | Added on Monday, 3 July 2023 21:52:14

Greg had lived nearly half his life dreaming of winning the Tour; in its fulfillment, the dream had become a nightmare. “You try to do something that’s your heart’s desire, and you work hard for it, and you think it would give you a sense of accomplishment. And I don’t have that at all,” he had confided to loved ones in his California home.

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A Teardrop on the Cheek of Time (Diana and Michael Preston)

- Your Bookmark at location 19 | Added on Tuesday, 11 July 2023 17:34:10

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A Teardrop on the Cheek of Time (Diana and Michael Preston)

- Your Bookmark at location 147 | Added on Tuesday, 11 July 2023 17:36:25

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A Teardrop on the Cheek of Time (Diana and Michael Preston)

- Your Bookmark at location 605 | Added on Tuesday, 11 July 2023 19:44:14

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A Teardrop on the Cheek of Time (Diana and Michael Preston)

- Your Highlight at location 1869-1869 | Added on Friday, 14 July 2023 17:27:25

Mahabat Khan’s men had by now burned the boat bridge, and the ford

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A Teardrop on the Cheek of Time (Diana and Michael Preston)

- Your Highlight at location 1869-1869 | Added on Friday, 14 July 2023 17:27:28

Mahabat Khan’s men had by now burned the boat bridge, and the ford

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A Teardrop on the Cheek of Time (Diana and Michael Preston)

- Your Highlight at location 2501-2502 | Added on Friday, 14 July 2023 21:00:40

‘Though there was much praying and fasting in the camp, gambling, sodomy, drinking and fornication were also prevalent.’

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A Teardrop on the Cheek of Time (Diana and Michael Preston)

- Your Highlight at location 2378-2386 | Added on Friday, 14 July 2023 21:12:35

The sexual gratification of the emperor was paramount and there were techniques Mumtaz could use to make her vagina, the madan-mandir, or temple of love, slackened through constant pregnancies, contract to enhance his pleasure. She could delicately apply such fragrant pastes as camphor mixed with honey, lotus flowers crushed in milk, or pounded pomegranate skins to the vagina walls. However, the need for women to experience sexual pleasure was also understood and a range of aphrodisiac concoctions existed to help women achieve orgasm. Some, like powdered ginger and black pepper, mixed with the honey of a large bee, were applied inside the vagina. Other aphrodisiac concoctions were smeared on the lover’s penis two hours before intercourse; by stimulating and enlarging the organ, these were said to heighten the woman’s sensation. There were also methods of delaying male ejaculation, some involving swallowing opium, and aphrodisiacs claimed to be so effective that they gave a man the sexual energy of a stallion. A set of stimulants collectively named ‘the Making of the Horse’ was particularly popular.

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The Blazing World (Jonathan Healey)

- Your Bookmark at location 76 | Added on Monday, 17 July 2023 18:26:47

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The Blazing World (Jonathan Healey)

- Your Bookmark at location 79 | Added on Monday, 17 July 2023 18:27:39

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The Blazing World (Jonathan Healey)

- Your Highlight at location 1307-1312 | Added on Tuesday, 18 July 2023 20:41:45

Perhaps surprisingly, James was also deeply affectionate to the duke’s wife Kate, whom he called ‘my daughter’, though this didn’t stop James also referring to her and Buckingham’s mother and sister as ‘the cunts’. The mother and sister were countesses, so it was a pun, of sorts. The duke himself clearly considered it just banter, though we don’t know how the three women felt. Certainly Kate sometimes stood her ground against the king, and relations between the Buckingham women and James occasionally became fairly icy. So much so, in fact, that before coming to visit the king in 1625, Buckingham wrote to ask ‘whether it would offend you or not, if I brought the cunts with me’.[28]

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The Blazing World (Jonathan Healey)

- Your Highlight at location 1915-1921 | Added on Tuesday, 18 July 2023 21:44:58

Another victim was William Prynne, a firebrand Puritan. Prynne was a pompous prude with a poisonous pen, among whose literary output was a broadside against men wearing long hair, entitled The Unloveliness of Lovelocks (1628). In 1634, his Histriomastix launched an extended tirade against the theatre world, containing an attack on women who acted in plays (index entry: ‘Woman actors, notorious whores’).[33] This was taken as, and indeed probably was, another slingshot aimed at the queen, so Prynne won little sympathy as Star Chamber tossed him in prison and snipped off the top of his ears. It was said that Attorney General William Noy laughed so hard at the punishment that he bled from his penis.

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The Blazing World (Jonathan Healey)

- Your Highlight at location 3610-3611 | Added on Thursday, 20 July 2023 22:22:28

Manchester’s forces took Peterborough and won a minor victory in an engagement at Grantham under Oliver Cromwell, who led an effective body of cavalrymen drawn from the devout yeoman farmers of East Anglia. Nonetheless,

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The Blazing World (Jonathan Healey)

- Your Highlight at location 3610-3611 | Added on Thursday, 20 July 2023 22:22:35

Manchester’s forces took Peterborough and won a minor victory in an engagement at Grantham under Oliver Cromwell, who led an effective body of cavalrymen drawn from the devout yeoman farmers of East Anglia.

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The Blazing World (Jonathan Healey)

- Your Highlight at location 5906-5909 | Added on Monday, 24 July 2023 22:20:57

corresponded with a Royalist in Paris about flowers. Tulips, anemones and irises were not the only exotic commodities taking hold in Cromwell’s England, either. In 1657, a London jury prosecuted James Farr, a barber, ‘for making and selling a drink called coffee whereby in making the same he annoyeth his neighbours by evil smells’.

==========

The Blazing World (Jonathan Healey)

- Your Highlight at location 6326-6331 | Added on Tuesday, 25 July 2023 19:47:08

By 1663, one of their favourite haunts, the spa at Tunbridge Wells, was becoming known as a den of erotic misadventure. Then, in June that year, one courtier, Sir Charles Sedley, was thrown in gaol for a bizarre performance, with two other rakish companions, from the balcony of a Bow Street tavern in London. According to Pepys, Sedley ‘showed his nakedness’, gave a mock sermon and announced, ‘there he had to sell such a powder as should make all the cunts in town run after him’. Apparently a thousand onlookers then watched as he ‘took a glass of wine and washed his prick in it and then drank it off, and then took another and drank the King’s health’.

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There will be Fire (Rory Carroll)

- Your Bookmark at location 5451 | Added on Sunday, 30 July 2023 22:54:49

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There will be Fire (Rory Carroll)

- Your Bookmark at location 5658 | Added on Monday, 31 July 2023 07:15:19

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There will be Fire (Rory Carroll)

- Your Highlight at location 1168-1168 | Added on Monday, 31 July 2023 10:54:06

It was an irony of the republican movement that a man with poor eyesight was credited with supreme vision. Adams

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There will be Fire (Rory Carroll)

- Your Highlight at location 1168-1168 | Added on Monday, 31 July 2023 10:54:13

It was an irony of the republican movement that a man with poor eyesight was credited with supreme vision.

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There will be Fire (Rory Carroll)

- Your Bookmark at location 6264 | Added on Monday, 31 July 2023 11:40:38

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There will be Fire (Rory Carroll)

- Your Bookmark at location 6598 | Added on Monday, 31 July 2023 20:39:23

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There will be Fire (Rory Carroll)

- Your Bookmark at location 6755 | Added on Monday, 31 July 2023 21:06:36

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There will be Fire (Rory Carroll)

- Your Bookmark at location 6899 | Added on Monday, 31 July 2023 21:39:04

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There will be Fire (Rory Carroll)

- Your Bookmark at location 2309 | Added on Monday, 31 July 2023 21:43:48

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There will be Fire (Rory Carroll)

- Your Bookmark at location 7132 | Added on Monday, 31 July 2023 22:10:19

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There will be Fire (Rory Carroll)

- Your Bookmark at location 7567 | Added on Tuesday, 1 August 2023 22:05:22

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There will be Fire (Rory Carroll)

- Your Bookmark at location 7824 | Added on Tuesday, 1 August 2023 22:31:01

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There will be Fire (Rory Carroll)

- Your Bookmark at location 8118 | Added on Tuesday, 1 August 2023 23:03:17

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There will be Fire (Rory Carroll)

- Your Bookmark at location 9288 | Added on Friday, 4 August 2023 10:17:28

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There will be Fire (Rory Carroll)

- Your Bookmark at location 9592 | Added on Friday, 4 August 2023 10:41:03

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Knowing What We Know (Simon Winchester)

- Your Highlight at location 113-118 | Added on Sunday, 6 August 2023 21:29:40

The arc of every human life is measured out by the ceaseless accumulation of knowledge. Requiring only awareness and yet always welcoming curiosity, the transmission of knowledge into the sentient mind is an uninterruptible process of ebbings and flowings. There are times—in infancy, or when at school in youth—during which the rate at which knowledge is gathered becomes intense and urgent, a welling tsunami of information ever ready for the mind to process. At other times, maybe later in life, the inbound knowledge drifts in more slowly, set to adhere and thicken like moss, or a patina.

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Knowing What We Know (Simon Winchester)

- Your Highlight at location 792-794 | Added on Monday, 7 August 2023 11:45:00

Travel is essentially a child of curiosity, and even when a journey is taken for reasons other than exploration, a curious mind will inevitably be diverted by an irresistible need to acquire knowledge en route. Consider Homer and the Odyssey—recently voted

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Knowing What We Know (Simon Winchester)

- Your Highlight at location 792-793 | Added on Monday, 7 August 2023 11:45:05

Travel is essentially a child of curiosity, and even when a journey is taken for reasons other than exploration, a curious mind will inevitably be diverted by an irresistible need to acquire knowledge en route.

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Knowing What We Know (Simon Winchester)

- Your Highlight at location 1614-1616 | Added on Monday, 7 August 2023 19:35:00

If we can bear the heresy of considering knowledge as just a commodity, it becomes a little easier to appreciate the dilemma: Considering that this commodity has always been expanding at an ever accelerating rate as humans have come to know more and

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Knowing What We Know (Simon Winchester)

- Your Highlight at location 1614-1617 | Added on Monday, 7 August 2023 19:35:06

If we can bear the heresy of considering knowledge as just a commodity, it becomes a little easier to appreciate the dilemma: Considering that this commodity has always been expanding at an ever accelerating rate as humans have come to know more and more and more, how on earth, and where, should we store it all?

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Knowing What We Know (Simon Winchester)

- Your Highlight at location 1619-1625 | Added on Monday, 7 August 2023 19:35:45

Moreover, knowledge has long been seen as far too precious to treat with casual disregard. It needs to not just be kept, but kept safe and secure. For almost as long as language, especially written language, has existed, we have sought ways of collecting, storing, and safeguarding this endlessly swelling body of what is known, of what has been learned, and of all that can then be taught, discussed, challenged, debated, and decided. The most widely recognized and most ancient means of storage is the institution that derives its English name from the Latin word for the inner bark of a tree, on which early works were said to have been written. The Latin word for this bark is liber; by way of centuries of etymological convolution, the English word, used since Chaucer’s time, is, of course, the library.

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Knowing What We Know (Simon Winchester)

- Your Highlight at location 1742-1748 | Added on Monday, 7 August 2023 19:44:04

We speak here of texts, not books. It has to be remembered that this was a library without books but with another form of knowledge diffusion that at the time was equally valuable. The Ashurbanipal Library in Nineveh was much the same—a citadel of learning quite devoid of what we know today as books, but filled instead with clay tablets inscribed with cuneiform writings. Here in Alexandria was another, very much larger citadel of scholarship and learning and knowledge, and yet bookless too, holding instead thousands upon thousands of scrolls made of papyrus. Scrolls necessarily were arranged in a rather different way from the simple vertical stacking of bookshelves with which most of us are familiar today.

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Knowing What We Know (Simon Winchester)

- Your Highlight at location 1791-1791 | Added on Monday, 7 August 2023 19:48:50

The scroll became essentially extinct after about AD 600.

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Knowing What We Know (Simon Winchester)

- Your Bookmark at location 3078 | Added on Tuesday, 8 August 2023 22:15:45

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Knowing What We Know (Simon Winchester)

- Your Highlight at location 4373-4374 | Added on Friday, 11 August 2023 09:43:27

piece of wood shaped like a wedge of pie is dropped into the water behind the boat. The drag from the wood pulls the rope, knotted at regular intervals, and the number of knots passing through the

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Knowing What We Know (Simon Winchester)

- Your Highlight at location 4373-4375 | Added on Friday, 11 August 2023 09:43:35

A piece of wood shaped like a wedge of pie is dropped into the water behind the boat. The drag from the wood pulls the rope, knotted at regular intervals, and the number of knots passing through the sailor’s hands in a certain time gives a rough measure of speed. That’s why nautical speed is still measured in knots.

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Decisive - How to Make Better Choices (Chip Heath)

- Your Bookmark at location 15 | Added on Monday, 21 August 2023 20:35:30

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Empire of Pain (Patrick Radden Keefe)

- Your Highlight at location 554-559 | Added on Monday, 21 August 2023 21:45:20

What did it say about American society, he wondered, that these sensitive, suffering people had been isolated in walled communities, relegated to what he came to think of as “the limbo of the living dead”? It was folly to believe that locking these people up should be enough—that institutionalizing such patients somehow discharged the obligation of the community in general (and of doctors in particular) to relieve their suffering. “It almost seems as though society has anesthetized itself or deluded itself with the belief that such intense individual suffering and such mass destruction of human talents and capacities does not exist—because we

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Empire of Pain (Patrick Radden Keefe)

- Your Highlight at location 554-560 | Added on Monday, 21 August 2023 21:45:27

What did it say about American society, he wondered, that these sensitive, suffering people had been isolated in walled communities, relegated to what he came to think of as “the limbo of the living dead”? It was folly to believe that locking these people up should be enough—that institutionalizing such patients somehow discharged the obligation of the community in general (and of doctors in particular) to relieve their suffering. “It almost seems as though society has anesthetized itself or deluded itself with the belief that such intense individual suffering and such mass destruction of human talents and capacities does not exist—because we have put it behind hospital walls,” Arthur reflected at the time.

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Empire of Pain (Patrick Radden Keefe)

- Your Highlight at location 568-572 | Added on Monday, 21 August 2023 21:46:28

Just a few decades earlier, the superintendent of a state hospital in New Jersey had become convinced that the way to cure insanity was to remove a patient’s teeth. When some of his patients did not appear to respond to this course of treatment, the superintendent kept going, removing tonsils, colons, gallbladders, appendixes, fallopian tubes, uteruses, ovaries, cervixes. In the end, he cured no patients with these experiments, but he did kill more than a hundred of them.

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Empire of Pain (Patrick Radden Keefe)

- Your Highlight at location 672-673 | Added on Monday, 21 August 2023 21:54:13

At this point, the brothers remembered a body hormone called histamine,

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Empire of Pain (Patrick Radden Keefe)

- Your Highlight at location 869-872 | Added on Monday, 21 August 2023 22:10:44

When Arthur was inducted into the Medical Advertising Hall of Fame, half a century later, the citation would say, “No single individual did more to shape the character of medical advertising than the multi-talented Dr. Arthur Sackler.” It was Arthur, the citation continued, who brought “the full power of advertising and promotion to pharmaceutical marketing.”

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 9519 | Added on Tuesday, 22 August 2023 18:04:13

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 9519 | Added on Tuesday, 22 August 2023 18:04:42

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 9764 | Added on Tuesday, 22 August 2023 18:07:59

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 9916 | Added on Tuesday, 22 August 2023 18:26:25

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Empire of Pain (Patrick Radden Keefe)

- Your Highlight at location 1627-1628 | Added on Tuesday, 22 August 2023 18:49:10

“Each purchase overshadowed the last,” Marietta recalled. The moment a deal was consummated, any allure that the object might have seemed to possess was overtaken by his hunger for the next conquest.

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 10030 | Added on Tuesday, 22 August 2023 19:16:00

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 10201 | Added on Tuesday, 22 August 2023 19:43:03

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 10468 | Added on Tuesday, 22 August 2023 20:38:44

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Empire of Pain (Patrick Radden Keefe)

- Your Highlight at location 2554-2558 | Added on Tuesday, 22 August 2023 20:40:37

the more arthur sackler took on, the more he traveled, the more he collected, the more esteem he achieved, the further he seemed to drift from Marietta. She didn’t understand why it was that he took on as much as he did: he had already accomplished and acquired so much. Why not stop and appreciate it? But Marietta had come to realize that for Arthur there was always some new mountain to scale. His collecting must be driven not just by a desire for public recognition, she concluded, but by a deeper need for “his name not to be forgotten by the world.”

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 10598 | Added on Tuesday, 22 August 2023 20:54:15

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 10687 | Added on Tuesday, 22 August 2023 21:04:37

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 10817 | Added on Wednesday, 23 August 2023 10:19:02

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Empire of Pain (Patrick Radden Keefe)

- Your Highlight at location 3437-3440 | Added on Wednesday, 23 August 2023 10:24:01

Else Sackler had been a quiet presence at the meeting. But she seemed crestfallen to find herself at this juncture. Arthur had wanted to pass along a coherent family legacy, but his estate was proving to be a poisoned chalice. Rather than bring the family together, the wealth and possessions that he had accumulated over a lifetime seemed to be pitting them against one another.

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 11112 | Added on Wednesday, 23 August 2023 11:07:42

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 11347 | Added on Wednesday, 23 August 2023 22:27:29

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 11671 | Added on Thursday, 24 August 2023 22:34:14

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 11842 | Added on Thursday, 24 August 2023 23:05:53

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 12119 | Added on Friday, 25 August 2023 11:14:14

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 12361 | Added on Friday, 25 August 2023 22:38:30

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Empire of Pain (Patrick Radden Keefe)

- Your Highlight at location 7969-7971 | Added on Saturday, 26 August 2023 21:45:51

“I’m not a fearful person,” Joss said, invoking her mountaineering bona fides. “If K2 doesn’t scare me, Florida does not scare me.” (She had not climbed K2.)

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 12718 | Added on Saturday, 26 August 2023 21:54:04

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 12850 | Added on Monday, 28 August 2023 15:57:25

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Empire of Pain (Patrick Radden Keefe)

- Your Bookmark at location 13053 | Added on Monday, 28 August 2023 16:27:50

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Say Nothing (Patrick Radden Keefe)

- Your Highlight at location 243-244 | Added on Sunday, 3 September 2023 15:30:52

One English journalist writing at the time described the unionists in Northern Ireland as ‘a society more British than the British about whom the British care not at all’.

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 5462 | Added on Sunday, 3 September 2023 20:37:56

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Say Nothing (Patrick Radden Keefe)

- Your Highlight at location 5465-5465 | Added on Sunday, 3 September 2023 20:38:14

One English journalist:

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 5975 | Added on Sunday, 3 September 2023 20:54:27

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 1427 | Added on Sunday, 3 September 2023 21:12:36

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 6100 | Added on Sunday, 3 September 2023 21:15:10

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 6138 | Added on Sunday, 3 September 2023 22:23:30

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 1665 | Added on Sunday, 3 September 2023 22:38:30

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 6205 | Added on Sunday, 3 September 2023 22:40:44

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 2105 | Added on Monday, 4 September 2023 22:25:17

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 6489 | Added on Monday, 4 September 2023 22:35:03

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 6503 | Added on Monday, 4 September 2023 22:43:52

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Say Nothing (Patrick Radden Keefe)

- Your Highlight at location 2278-2283 | Added on Tuesday, 5 September 2023 07:28:38

Some parents, seeing their daughters, who were barely out of school, proposing to starve themselves to death, might try to prevail upon them to give up the fight. Not the Prices. ‘An awful lot of people come onto earth, eat, work and die and never contribute anything to the world,’ Albert Price told a reporter. ‘If they die, at least they will have done something.’ Their mother, Chrissie, sounded a similar note. ‘I raised them to do their duty to their country,’ she said. ‘I am heartbroken looking at them suffering, yet I am proud of them. I will not ask them to give up. I know they will win in the end.’

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Say Nothing (Patrick Radden Keefe)

- Your Highlight at location 2286-2288 | Added on Tuesday, 5 September 2023 07:29:15

There is a morbid but undeniable entertainment in watching a hunger strike unfold. As a test of the limits of human endurance, it can become a spectacle for rubberneckers, a bit like the Tour de France, except that the stakes are life and death.

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 2769 | Added on Tuesday, 5 September 2023 11:27:01

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 6823 | Added on Tuesday, 5 September 2023 11:38:06

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 2904 | Added on Tuesday, 5 September 2023 11:49:35

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 6889 | Added on Tuesday, 5 September 2023 11:51:25

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Say Nothing (Patrick Radden Keefe)

- Your Highlight at location 3061-3062 | Added on Tuesday, 5 September 2023 17:09:44

The space operated as a political office, a location where Adams could grant interviews to the press and meet constituents. Opponents joked that the upstart political party had accounts at every bank in the country, which they regularly drew upon, at gunpoint.

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 3123 | Added on Tuesday, 5 September 2023 17:15:09

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 7003 | Added on Tuesday, 5 September 2023 17:18:01

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 7057 | Added on Tuesday, 5 September 2023 18:09:07

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 3460 | Added on Tuesday, 5 September 2023 18:24:35

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 7098 | Added on Tuesday, 5 September 2023 18:27:31

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 3614 | Added on Tuesday, 5 September 2023 18:40:27

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 7138 | Added on Tuesday, 5 September 2023 18:41:16

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 3813 | Added on Tuesday, 5 September 2023 20:07:04

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 7180 | Added on Tuesday, 5 September 2023 20:09:04

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 3964 | Added on Tuesday, 5 September 2023 20:20:55

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 7248 | Added on Tuesday, 5 September 2023 20:23:19

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 4163 | Added on Tuesday, 5 September 2023 20:48:22

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 7343 | Added on Tuesday, 5 September 2023 20:53:23

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 4453 | Added on Tuesday, 5 September 2023 21:16:18

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 7438 | Added on Tuesday, 5 September 2023 21:18:54

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 4655 | Added on Tuesday, 5 September 2023 22:01:33

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 7517 | Added on Tuesday, 5 September 2023 22:03:31

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 5115 | Added on Wednesday, 6 September 2023 15:17:28

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Say Nothing (Patrick Radden Keefe)

- Your Bookmark at location 7722 | Added on Wednesday, 6 September 2023 15:21:42

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 79-79 | Added on Monday, 25 September 2023 20:19:24

In other words, the ultimate system for organizing your life is one that is actionable.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 68-69 | Added on Monday, 25 September 2023 20:19:44

1 Introducing PARA

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 70-77 | Added on Monday, 25 September 2023 20:20:12

Imagine for a moment the perfect organizational system. A system that told you exactly where to put every piece of information in your digital life—every document, file, note, agenda, outline, and bit of research—and exactly where to find it when you needed it. Such a system would need to be incredibly easy to set up, and even easier to maintain. After all, only the simplest, most frictionless habits endure long term. It would need to be both flexible, adapting to your needs in different seasons of your life, and comprehensive, so you can use it in every one of the many places where you store information. For example, the Documents folder on your computer, a cloud storage platform,1 or a digital notetaking app.2

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 111-113 | Added on Monday, 25 September 2023 20:24:33

The system you use to organize information has to be so simple that it frees up your attention, instead of taking more of it. Your system must give you time, not take time.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 116-120 | Added on Monday, 25 September 2023 20:26:01

We continued to categorize our documents and files according to incredibly broad subjects like “Marketing,” “Psychology,” “Business,” or “Ideas.” This makes zero sense in your postacademic career. In the workplace, there are no classes, no tests, no grades, and no diplomas. There is no teacher to tell you what to write down for the final exam, because there isn’t one. What you do have, both at work and in life, are outcomes you are trying to achieve.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 122-125 | Added on Monday, 25 September 2023 20:27:33

In the midst of your busy day, as you are trying to make these things happen, you absolutely do not have time to go rummaging through a vast category like “Psychology” to find the article you saved six months ago. Instead of organizing information according to broad subjects like in school, I advise you to organize it according to the projects and goals you are committed to right now.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 152-153 | Added on Monday, 25 September 2023 20:30:59

I started my career as a productivity coach in the San Francisco Bay Area in the early tens.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 188-193 | Added on Monday, 25 September 2023 20:40:04

What does our motivation depend on? Mostly, on making consistent progress. We can endure quite a bit of stress and frustration in the short term if we know it’s leading somewhere. Which brings us to our second problem: without a list of individual projects, you can’t connect your current efforts to your long-term goals. Look at the original list above again. None of the items on it will end or change—that’s the definition of an area of responsibility, that it continues indefinitely. Now imagine the psychological effect of waking up week after week, month after month, and even year after year to the exact same list of never-ending responsibilities. No matter how hard you work, the endless horizon never seems to get any closer.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 202-203 | Added on Monday, 25 September 2023 20:40:36

No matter how wide-ranging your responsibilities are, you can always break them down into smaller projects…

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 208-211 | Added on Monday, 25 September 2023 20:41:24

Using PARA is not just about creating a bunch of folders to put things in. It is about identifying the structure of your work and life—what you are committed to, what you want to change, and where you want to go. It is about organizing information in such a way that it supports and calls into being the future life you want to lead. So much of what we call “organizing” is essentially procrastination in disguise. We tell ourselves we’re “getting ready” or “doing research,” pretending like that means progress.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 283-287 | Added on Monday, 25 September 2023 20:48:03

As you reorganize your digital life, I recommend taking this opportunity to reflect on how you want to change your attitude toward information going forward. Don’t dump new stuff willy-nilly into your shiny new PARA folders, or you’ll quickly find yourself right back in the chaos you had in the first place. Think carefully about what you want to save in all four categories of PARA. What is truly unique or useful? What do you need in front of you when you sit down to focus on a project or area? Which resources are truly valuable, and which could you easily find again with a Google search?

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 349-354 | Added on Monday, 25 September 2023 20:59:39

Second, it doesn’t matter that you have exactly four PARA categories. Believe it or not, even the four main folders described by the letters of PARA are optional. I’ve seen people who prefer more and add an extra letter for an additional category of information (such as S for “Systems” or V for “Values”). I’ve also seen people make do with only two, such as a “Hot” folder for anything currently actionable and a “Cold” folder for everything that’s not. The important principle is to separate out whatever is most actionable and timely and give it the majority of your attention, and there are countless ways to do so. Don’t feel the need to follow my prescriptions exactly—I give you permission to customize.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 395-400 | Added on Monday, 25 September 2023 21:07:59

Before archiving a project, scan it briefly for any material (such as brainstorms, background research, slides, interview notes, etc.) that might be relevant to other pursuits and move these items to the appropriate place within PARA. For example, let’s say you discover a new strategic framework during a client engagement and, once it’s finished, decide you’d like to utilize that knowledge with future clients. You could move that documentation to a new resource folder called “Strategy,” which you’ll be able to refer to again in the future. All you’re doing in this step is changing the makeup of your project folders to accurately reflect whatever has happened in your world recently.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 431-444 | Added on Wednesday, 27 September 2023 10:04:16

Projects: A Goal with a Deadline My definition of a project is any endeavor that has: A goal that will enable you to mark it “complete” A deadline or timeframe by which you’d like it done A goal is simply “the outcome the project is trying to achieve.” It could be a successful staff retreat, a website redesign, or a kid’s birthday party—there is something you are trying to have happen in the real world that will enable you to mark it “complete.” A deadline adds a time limit to achieving your goal. You don’t want your efforts lingering on forever, never quite knowing whether you succeeded or failed. Having some kind of end point in mind (whether strict and externally imposed or informal and self-imposed) allows you to ask yourself, “How much can I get done with the time remaining?” Areas of Responsibility: A Standard to Maintain over Time While projects are important, not everything is a project. There are facets of your work and life that don’t have a clear end goal or deadline. We call them “areas of responsibility.” An area of responsibility has: A standard to be maintained An indefinite end date Work-related areas include your job duties, whether that is management, customer service, financial analysis, strategy, coaching, direct reports, or advising. You also have areas of responsibility in your personal life, like your health, finances, personal development, and relationships, which will continue in some form for as long as you live.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 431-437 | Added on Wednesday, 27 September 2023 10:04:22

Projects: A Goal with a Deadline My definition of a project is any endeavor that has: A goal that will enable you to mark it “complete” A deadline or timeframe by which you’d like it done A goal is simply “the outcome the project is trying to achieve.” It could be a successful staff retreat, a website redesign, or a kid’s birthday party—there is something you are trying to have happen in the real world that will enable you to mark it “complete.” A deadline adds a time limit to achieving your goal. You don’t want your efforts lingering on forever, never quite knowing whether you succeeded or failed. Having some kind of end point in mind (whether strict and externally imposed or informal and self-imposed) allows you to ask yourself, “How much can I get done with the time remaining?”

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 439-441 | Added on Wednesday, 27 September 2023 10:04:58

While projects are important, not everything is a project. There are facets of your work and life that don’t have a clear end goal or deadline. We call them “areas of responsibility.” An area of responsibility has: A standard to be maintained An indefinite end date

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 454-455 | Added on Wednesday, 27 September 2023 10:06:34

Distinguishing Projects and Areas To put it simply: projects end, while areas continue indefinitely.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 467-469 | Added on Wednesday, 27 September 2023 10:08:19

Sprints versus Marathons Think of projects as sprints—you are sprinting to reach the finish line as fast as possible. Areas are like marathons—you have to sustain a consistent level of performance over a long distance.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 484-485 | Added on Wednesday, 27 September 2023 10:10:00

7 How to Distinguish between Areas and Resources

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 488-488 | Added on Wednesday, 27 September 2023 10:11:34

It depends on what that category of information means

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 487-488 | Added on Wednesday, 27 September 2023 10:11:38

“Nutrition research”) could be located in either one. It depends on

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 488-494 | Added on Wednesday, 27 September 2023 10:11:43

It depends on what that category of information means to you. If you are a public health professor at a major university, responsible for several lecture classes while also publishing your own research, then “Nutrition research” will definitely be an important area of responsibility for you. But if you are a student at that same university, majoring in anthropology in another department, with nutrition as a minor side interest, then it will be a resource for you. The key here is to realize that there is a big difference between things you are directly responsible for and things you are merely interested in. I use uppercase titles for areas and lowercase titles for resources to constantly remind myself that one is more important than the other.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 488-488 | Added on Wednesday, 27 September 2023 10:12:00

It depends on what that category of information means to you.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 492-493 | Added on Wednesday, 27 September 2023 10:12:07

The key here is to realize that there is a big difference between things you are directly responsible for and things you are merely interested in.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 496-498 | Added on Wednesday, 27 September 2023 10:13:51

Areas: The Roles You Play and the Hats You Wear Areas are parts of our lives that require ongoing attention to uphold a certain level of quality or performance. It’s helpful to think of them as the “roles you play” or the “hats you wear” at work and in life.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 506-507 | Added on Wednesday, 27 September 2023 10:15:44

Resources: Interests, Curiosities, and Passions Resources encompass the vast number of things you might be interested in, curious about, or passionate about at any given time.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 513-516 | Added on Wednesday, 27 September 2023 10:16:14

The word “resources” calls to mind the utility of a piece of information. Instead of asking, “Is this interesting?” which always results in overcollecting, I ask myself, “Is this useful?” That’s a much higher bar and forces me to consider what this piece of information will allow me to do that I couldn’t do otherwise, which problem it could help me solve, or which obstacle it might help me overcome.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 525-530 | Added on Wednesday, 27 September 2023 10:18:04

Resources are quite different, since learning and exploring new things are inherently social activities. There are many situations where you might want to share your notes with someone else—to get feedback on an article you’re writing, to compare notes with a colleague on a skill you’re both learning, or to offer restaurant recommendations to a friend who is visiting a city you’ve been to before. Therefore, I recommend you think of your resource folders as “shareable by default.” That way you can share individual documents (or even entire folders) with others on the fly, without first having to comb through them for any personal details.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 542-543 | Added on Wednesday, 27 September 2023 10:18:46

How can you take this chance to be more honest with yourself about which areas of your life need more attention, and organize your digital environment to support them?

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 565-569 | Added on Wednesday, 27 September 2023 10:24:00

Technology is advancing too quickly on too many fronts for any one app to fulfill every need. Instead of fighting the tide and looking for “one app to rule them all,” use as many apps as you like, while replicating the same structure across every single one. I recommend doing so down to the exact same spelling, punctuation, and capitalization so that you can mentally transition between platforms as seamlessly as possible. This way you can take advantage of the unique capabilities of each platform you might want to use, without sacrificing coherence and consistency in the way you relate to information.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 572-583 | Added on Wednesday, 27 September 2023 10:25:52

How to Know Where to Put a Given Item Since you’ll have the same PARA categories across multiple platforms, the next obvious question is: How do I know on which platform a given item should be saved? I use the following rules of thumb to tell me which digital storage medium is best for any given piece of information: If it’s an appointment or meeting happening at a specific time, it goes on my calendar If it’s a task that I can complete anytime, it goes in my to-do list app If it’s text, it goes in my notetaking app (since that offers the best search function by which to find it again) If it’s content that I’ll be collaborating on with others, it goes in my cloud storage drive10 If it can’t go in any of the above locations (because it’s too large or a specialized file type, for example), then it goes in my computer’s file system (the Documents folder) Note that four of the platforms mentioned above are organized using PARA: To-do list app (projects and areas only, since these are the two categories that have tasks associated with them)11 Notetaking app Cloud storage drive Computer file system

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 588-595 | Added on Wednesday, 27 September 2023 10:28:46

The Benefits of a Cross-Platform System At this point some people will wonder, “Do I really have to create corresponding, identical folders on all platforms?” And the answer is: Absolutely not! First, you should create a folder on any platform only when you have something to put in it. Otherwise, you’ll just end up creating a maze of empty folders that clutter your workspace while leading nowhere. It takes mere seconds to create a new folder anyway, so you should do so only if and when it’s needed. Second, there is no reason that a given category should have corresponding folders across multiple platforms at all. For example, the recordings of my Zoom calls are automatically saved in a resource folder on my computer, but I certainly don’t need a “Zoom recordings” folder elsewhere. Many categories of information can exist on only one platform—extend them across

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 588-596 | Added on Wednesday, 27 September 2023 10:28:59

The Benefits of a Cross-Platform System At this point some people will wonder, “Do I really have to create corresponding, identical folders on all platforms?” And the answer is: Absolutely not! First, you should create a folder on any platform only when you have something to put in it. Otherwise, you’ll just end up creating a maze of empty folders that clutter your workspace while leading nowhere. It takes mere seconds to create a new folder anyway, so you should do so only if and when it’s needed. Second, there is no reason that a given category should have corresponding folders across multiple platforms at all. For example, the recordings of my Zoom calls are automatically saved in a resource folder on my computer, but I certainly don’t need a “Zoom recordings” folder elsewhere. Many categories of information can exist on only one platform—extend them across multiple platforms only if needed to move a project forward.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 627-630 | Added on Wednesday, 27 September 2023 10:34:15

The answer is that you have to keep the information moving. PARA isn’t a mechanical system like a car engine that needs very precise and regular maintenance. It’s more like an organic system such as a pond or a forest. The same way a pond will begin to stagnate and smell if the water isn’t flowing, your PARA system will soon go out of date

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 627-630 | Added on Wednesday, 27 September 2023 10:34:21

The answer is that you have to keep the information moving. PARA isn’t a mechanical system like a car engine that needs very precise and regular maintenance. It’s more like an organic system such as a pond or a forest. The same way a pond will begin to stagnate and smell if the water isn’t flowing, your PARA system will soon go out of date and lose relevance if the knowledge it contains stops flowing.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 635-636 | Added on Wednesday, 27 September 2023 10:35:06

PARA is a dynamic system: any given file or document can go in any number of places—what matters is your relationship to it. And that relationship is changing all the time.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 635-637 | Added on Wednesday, 27 September 2023 10:38:17

PARA is a dynamic system: any given file or document can go in any number of places—what matters is your relationship to it. And that relationship is changing all the time. To

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 637-644 | Added on Wednesday, 27 September 2023 10:38:45

To illustrate this, imagine you read an article about effective coaching techniques one evening and save a few of the best excerpts to your notetaking app. Perhaps at that moment in your career, you are an individual contributor and don’t have an immediate need for advice on how to coach other people in a professional setting. You file away this note in a resource folder called “coaching” for future reference. The next year, you get promoted to a management position in your company and now have a handful of direct reports to manage. In the blink of an eye, that whole category of knowledge has suddenly become actionable. You might take several decisive steps in your PARA system to reflect your new role. Those notes about coaching techniques might get moved from a resource folder on “coaching” to a new area folder called “Direct Reports.” You’ve now promoted that knowledge so that

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 637-644 | Added on Wednesday, 27 September 2023 10:38:52

To illustrate this, imagine you read an article about effective coaching techniques one evening and save a few of the best excerpts to your notetaking app. Perhaps at that moment in your career, you are an individual contributor and don’t have an immediate need for advice on how to coach other people in a professional setting. You file away this note in a resource folder called “coaching” for future reference. The next year, you get promoted to a management position in your company and now have a handful of direct reports to manage. In the blink of an eye, that whole category of knowledge has suddenly become actionable. You might take several decisive steps in your PARA system to reflect your new role. Those notes about coaching techniques might get moved from a resource folder on “coaching” to a new area folder called “Direct Reports.” You’ve now promoted that knowledge so that it receives more of your attention on a more frequent basis.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 657-658 | Added on Wednesday, 27 September 2023 10:39:46

The contents of PARA are constantly flowing between different categories as your needs, goals, lifestyle, and priorities shift.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 679-680 | Added on Wednesday, 27 September 2023 10:41:42

Imagine you want to organize a conference to establish your company’s thought leadership in a new industry. A

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 679-680 | Added on Wednesday, 27 September 2023 10:41:47

Imagine you want to organize a conference to establish your company’s thought leadership in a new industry.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 688-689 | Added on Wednesday, 27 September 2023 10:43:22

The only action I recommend avoiding at all costs is duplication: you never want to have two versions of a file or document, because then you never know which one is the most current.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 768-769 | Added on Wednesday, 27 September 2023 10:50:07

effective Knowledge Management boils down to how well people express themselves in writing. To put it simply: the only way to share knowledge effectively is to create a culture of writing within your team.

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Politics On the Edge (Rory Stewart)

- Your Highlight at location 1879-1885 | Added on Sunday, 1 October 2023 20:58:58

When I learned that there was to be a new Localism Bill, I spoke passionately in Parliament at the second reading and approached the whips to be allowed to serve on the legislative committee. The minister responsible promised to champion my participation. I explained to the whips that nothing mattered more to my constituency, that I had studied all the preliminary papers, and that I really wanted to play a role in crafting this legislation. I was not appointed. The whips had apparently been told to exclude anyone with an interest in a subject from a bill committee, for fear that they would ask awkward questions. They preferred non-specialist MPs, who spent the committees looking at their phones or catching up on their correspondence. For the same reason it seemed doctors were not allowed on the health legislation committee.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 790-793 | Added on Monday, 2 October 2023 09:35:13

Your Project List is a list of the outcomes you are currently committed to achieving, all in one place. It is an inventory of all the things you’re trying to produce, create, accomplish, or resolve. It’s like a to-do list, but on a bigger scale and longer time horizon so you can tell where you’re headed. It’s like a list of goals, but more practical and rooted in the here and now.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Bookmark at location 797 | Added on Monday, 2 October 2023 09:36:19

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 798-804 | Added on Monday, 2 October 2023 09:37:18

STEP #1: List Your Current Projects Set a timer for five minutes (which is enough for a “first pass”) and write down anything that comes to mind when you read the following questions, whether they are work-related or personal: What’s currently worrying you? What problem is taking more mental bandwidth than it deserves? What needs to happen that you’re not making consistent progress on? What actions are you already taking that are part of a bigger project you’ve not yet identified? What would you like to learn, develop, build, express, pursue, start, explore, or play with? Which skills would you like to learn and which hobbies would you like to start? What kind of project could advance your career or make your life more fun or interesting?

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 839-843 | Added on Monday, 2 October 2023 09:39:57

Saying Yes and No with Integrity Creating an accurate Project List gives you the confidence to say yes or no to new commitments. Once you know how much capacity you actually have, the decision of what to fill it with can be intentional and strategic, instead of reactive. Often, my coaching clients’ takeaway from performing this exercise is that they are trying to do too much. Seeing the range of their existing commitments all in one place, they realize that they don’t need another productivity app or technique—they need to say no to things that don’t matter.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 854-858 | Added on Monday, 2 October 2023 09:42:07

Here’s a hard truth: you will most likely forget everything you’ve read in this book very soon. This is the whole reason we save things in the first place, isn’t it? We know our memories are weak, so we outsource remembering to technology as insurance against that fact. Instead of pretending like you will remember everything I’ve written here, let’s just assume that within a few hours or days of reading this book, it will become nothing more than a faint memory.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Bookmark at location 862 | Added on Monday, 2 October 2023 09:43:03

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 876-877 | Added on Monday, 2 October 2023 09:45:32

HABIT #2: Organize Just in Time My organizing philosophy is to organize as little as possible, as late as possible, and only as much as absolutely needed.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 863-869 | Added on Monday, 2 October 2023 09:46:31

HABIT #1: Organize According to Outcomes One of the biggest pitfalls in organizing is to treat it as an end in itself. There’s something so satisfying about neatly arranging your workspace or designing beautiful notes that look like they belong on Instagram. There’s nothing wrong with those things if you enjoy them, but I don’t think that’s why you picked up this book. I’m willing to bet there’s something you’re committed to achieving—a result or outcome that would be meaningful for you. This is exactly what PARA is designed for: Every decision is made through the lens of “What will help me move this forward?”

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 885-887 | Added on Monday, 2 October 2023 09:46:47

HABIT #3: Keep Things Informal PARA requires precision in only one place: the definition of projects. Everything else is not only allowed to remain somewhat messy; that’s how it should be.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 873-885 | Added on Monday, 2 October 2023 09:48:14

finish line of a challenging project or striving to elevate your standards in an area of life, always begin with the end in mind and work backward to decide only which information you’ll need to get there, and push everything else aside. HABIT #2: Organize Just in Time My organizing philosophy is to organize as little as possible, as late as possible, and only as much as absolutely needed. This may be a strange thing to say in a book about organizing, but organizing by itself doesn’t add value. It has no inherent worth unless it puts you in a state of mind for taking effective action. This is why PARA is a minimalistic approach—it opts for little “nudges” to move items from one place to another as your needs change. It is a “bottom-up” method, responding to changes in your life organically. Instead of spending a lot of effort organizing your digital information “just in case” you need it someday, wait until your needs become crystal clear and then organize your notes and files “just in time” for the project you’re working on right now. This is how you avoid doing a lot of up-front work of questionable value, saving your energy for the moment when you know exactly what you’re trying to accomplish. HABIT

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 876-879 | Added on Monday, 2 October 2023 09:48:42

HABIT #2: Organize Just in Time My organizing philosophy is to organize as little as possible, as late as possible, and only as much as absolutely needed. This may be a strange thing to say in a book about organizing, but organizing by itself doesn’t add value. It has no inherent worth unless it puts you in a state of mind for taking effective action.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 885-890 | Added on Monday, 2 October 2023 09:49:04

HABIT #3: Keep Things Informal PARA requires precision in only one place: the definition of projects. Everything else is not only allowed to remain somewhat messy; that’s how it should be. Highly precise systems require a lot of effort to maintain, which means most aspects of your digital world should remain loose and informal by default. This rule recognizes that imposing order on information doesn’t always make it more valuable. You heard that right: sometimes organizing information too much makes it less valuable.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 892-895 | Added on Monday, 2 October 2023 09:49:49

This is why I don’t agree with a lot of the recommendations made by organizing gurus. For example, I don’t recommend: Creating an internal structure inside folders Using a standardized template for the contents of notes or documents Creating a hierarchy of subfolders within subfolders many levels deep Using databases or other formal methods for organizing personal information

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 946-949 | Added on Monday, 2 October 2023 10:09:10

How to Use PARA to Give You a Sense of Perspective It’s helpful to think of each main category of PARA as a “horizon.” Your projects exist on a short-term horizon that will play out in the coming hours or days. Your areas of responsibility and resources play out on a medium-term horizon over weeks and months. Your archives are more likely to be useful on a long-term horizon of months or years.

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 972-974 | Added on Monday, 2 October 2023 10:11:43

When in Doubt, Start Over I’ve offered a lot of advice and recommendations about how to make PARA work for you, and in this chapter I want to give you one final one: If you ever get stuck or feel overwhelmed, simply archive everything and start over following the instructions I provided in chapter 3. For example:

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 1054-1056 | Added on Monday, 2 October 2023 10:16:56

We encounter reality as a chaotic stream of information flowing around and through us at all times. It doesn’t arrive in preformed units, neatly labeled as “projects” or “areas.” You are the one who reaches out and carves out chunks of information to make your own. You have the choice

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 1054-1056 | Added on Monday, 2 October 2023 10:17:01

We encounter reality as a chaotic stream of information flowing around and through us at all times. It doesn’t arrive in preformed units, neatly labeled as “projects” or “areas.” You are the one who reaches out and carves out chunks of information to make your own. You have the choice

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The PARA Method -Tiago Forte (Tiago Forte)

- Your Highlight at location 1054-1056 | Added on Monday, 2 October 2023 10:17:10

We encounter reality as a chaotic stream of information flowing around and through us at all times. It doesn’t arrive in preformed units, neatly labeled as “projects” or “areas.” You are the one who reaches out and carves out chunks of information to make your own. You have the choice to grasp only the pieces that move you and make you feel alive.

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Politics On the Edge (Rory Stewart)

- Your Highlight at location 2787-2791 | Added on Monday, 2 October 2023 12:25:15

Her genius lay in exaggerated simplicity. Governing might be about critical thinking; but the new style of politics, of which she was a leading exponent, was not. If critical thinking required humility, this politics demanded absolute confidence: in place of reality, it offered untethered hope; instead of accuracy, vagueness. While critical thinking required scepticism, open-mindedness and an instinct for complexity, the new politics demanded loyalty, partisanship and slogans: not truth and reason but power and manipulation. If Liz Truss worried about the consequences of any of this for the way that government would work, she didn’t reveal it. ‘And data,

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Politics On the Edge (Rory Stewart)

- Your Highlight at location 2790-2791 | Added on Monday, 2 October 2023 12:25:22

and slogans: not truth and reason but power and manipulation. If Liz Truss worried about the consequences of any of

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Politics On the Edge (Rory Stewart)

- Your Highlight at location 2787-2791 | Added on Monday, 2 October 2023 12:25:30

Her genius lay in exaggerated simplicity. Governing might be about critical thinking; but the new style of politics, of which she was a leading exponent, was not. If critical thinking required humility, this politics demanded absolute confidence: in place of reality, it offered untethered hope; instead of accuracy, vagueness. While critical thinking required scepticism, open-mindedness and an instinct for complexity, the new politics demanded loyalty, partisanship and slogans: not truth and reason but power and manipulation. If Liz Truss worried about the consequences of any of this for the way that government would work, she didn’t reveal it.

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Politics On the Edge (Rory Stewart)

- Your Highlight at location 2963-2964 | Added on Monday, 2 October 2023 12:37:00

Back in London, Liz Truss asked me how my weekend had been. I explained that my father had died. She paused for a moment, nodded and asked when the twenty-five-year environment plan would be ready.

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Politics On the Edge (Rory Stewart)

- Your Highlight at location 3947-3948 | Added on Tuesday, 3 October 2023 21:02:52

that washes away the chaff’. Farms had been occupied and expropriated,

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Politics On the Edge (Rory Stewart)

- Your Highlight at location 3947-3948 | Added on Tuesday, 3 October 2023 21:02:56

that washes away the chaff’. Farms had been occupied and expropriated,

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Enemies and Neighbors (Ian Black)

- Your Bookmark at location 159 | Added on Wednesday, 25 October 2023 14:39:52

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Enemies and Neighbors (Ian Black)

- Your Bookmark at location 167 | Added on Wednesday, 25 October 2023 14:43:09

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Enemies and Neighbors (Ian Black)

- Your Highlight at location 528-529 | Added on Wednesday, 25 October 2023 17:36:45

With them, as the writer Arthur Koestler was to quip memorably – neatly encapsulating the attendant and continuing controversy – ‘one nation solemnly promised to a second nation the country of a third’.

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Enemies and Neighbors (Ian Black)

- Your Highlight at location 567-568 | Added on Wednesday, 25 October 2023 17:39:50

Balfour Street in Jerusalem is still the site of the official residence of the Israeli prime minister.

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Enemies and Neighbors (Ian Black)

- Your Highlight at location 758-760 | Added on Wednesday, 25 October 2023 19:12:43

Palestine, however, was ‘our unforgettable historic home-land’.25 The first Zionist Congress, held in Basel in 1897, founded the Zionist Organization, whose goal was a publicly recognized, legally secured home in Palestine ‘for the Jewish people’.

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Enemies and Neighbors (Ian Black)

- Your Highlight at location 2884-2888 | Added on Thursday, 26 October 2023 21:32:56

Beyond the details on the manner in which Palestinians had to leave this or that village, one must simply acknowledge that the tragedy would not have occurred had the Zionists never arrived in Palestine. If the Jews at the end of the nineteenth century had not embarked on a project of reassembling the Jewish people in their ‘promised land’, all the refugees languishing in the camps would still be living in the villages from which they fled or were expelled. Second, one must realise that when people flee out of fear and terror their flight is hardly voluntary.

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The Weight of Vengeance

- Your Bookmark on page 286 | Added on Sunday, 12 November 2023 22:41:45

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The Weight of Vengeance

- Your Bookmark on page 23 | Added on Monday, 13 November 2023 22:13:55

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 4 | location 109-111 | Added on Thursday, 16 November 2023 22:17:12

The best travel experiences are simple. They can’t be planned. It’s just a feeling of something genuine—knowing you’re lucky to be in exactly that place at exactly that instant.

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The Weight of Vengeance

- Your Bookmark on page 298 | Added on Friday, 17 November 2023 21:51:41

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 7 | location 172-174 | Added on Sunday, 19 November 2023 10:39:46

Hence, travel is not just a pretext to behold sights and have experiences you previously knew only in your imagination; it’s a chance to try out new versions of yourself as you come into a relationship with new places.

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The Weight of Vengeance

- Your Bookmark on page 303 | Added on Sunday, 19 November 2023 21:47:21

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The Weight of Vengeance

- Your Bookmark on page 307 | Added on Monday, 20 November 2023 22:24:49

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The Weight of Vengeance

- Your Highlight on page 246-246 | Added on Tuesday, 21 November 2023 22:01:04

and the New Line as proposed to secure the Independence of the Indians. ” Te National Archives, Kew, FO 925/1410. With a scale of 100 miles to an inch, the map was created for the British delegation at Ghent. Shown to the American delegates, the map visually describes through use of colored boundary lines specif cally the territory Britain demanded the Americans cede for creation of an American Indian state. Marked in bold green, its boundaries are roughly the Missouri River in the west, the Mississippi and Ohio Rivers to the south and east, and the Great Lakes and Canadian border to the North. In total the cession would have accounted for in excess of 15 percent of U.S.territory. T e map reveals the seriousness of the demand and the extent of the British planning that had gone into itBritain’s claim to represent the Indians was not entirely unorthodox. Tat a greater power would negotiate on behalf of a lesser power was standard practice in European diplomacy. In fact, as the British and Americans haggled at Ghent, the f ve major powers were negotiating at the Congress of Vienna on behalf of a host of nations. In theory, the practice simplif ed and hastened negotiations by limiting the number of players, and smaller nations benef ted from having their grievances combined with the terms of a powerful nation. As Castlereagh explained to the British commissioners at Ghent, Britain claimed the right to represent and seek reparations for the Indians on the grounds they were formal allies, and as lesser powers they “are entitled to claim [protection] at our Hands.”60 In a conversation with Adams, Goulburn likened the relationship as akin to Britain’s alliance with Portugal, which Britain was presently representing at Vienna. 61 Britain’s demands immediately put the Americans on the defensive. Clay wrote to Monroe at the start of the negotiations that they were prepared for

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The Weight of Vengeance

- Your Bookmark on page 317 | Added on Tuesday, 21 November 2023 22:20:22

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 12 | location 257-257 | Added on Friday, 24 November 2023 06:55:51

poet Maya Angelou’s assertion that “life is going to be short, no matter how long it is,”

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Going Infinite (Michael Lewis)

- Your Highlight on page 10 | location 195-197 | Added on Monday, 27 November 2023 21:04:24

made them feel even more insulting. He didn’t mean to be rude. He didn’t mean to create chaos in other people’s lives. He was just moving through the world in the only way he knew how. The cost this implied for others simply never entered his calculations.

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Going Infinite (Michael Lewis)

- Your Highlight on page 10 | location 195-197 | Added on Monday, 27 November 2023 21:04:32

He didn’t mean to create chaos in other people’s lives. He was just moving through the world in the only way he knew how. The cost this implied for others simply never entered his calculations.

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Going Infinite (Michael Lewis)

- Your Highlight on page 30 | location 514-517 | Added on Monday, 27 November 2023 21:33:42

“Whatever cease-fire existed earlier in my life was gone,” he said. “I was starting to get a little bit of a whiff of ‘I don’t have to put up with it anymore.’ ” The very first question on the final exam set him off. What’s the difference between art and entertainment? “It’s a bullshit distinction dreamed up by academics trying to justify the existence of their jobs,” wrote Sam, and handed the exam back.

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Going Infinite (Michael Lewis)

- Your Highlight on page 30 | location 514-517 | Added on Monday, 27 November 2023 21:34:24

“Whatever cease-fire existed earlier in my life was gone,” he said. “I was starting to get a little bit of a whiff of ‘I don’t have to put up with it anymore.’ ” The very first question on the final exam set him off. What’s the difference between art and entertainment? “It’s a bullshit distinction dreamed up by academics trying to justify the existence of their jobs,” wrote Sam, and handed the exam back. He

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Going Infinite (Michael Lewis)

- Your Highlight on page 30 | location 514-520 | Added on Monday, 27 November 2023 21:34:44

“Whatever cease-fire existed earlier in my life was gone,” he said. “I was starting to get a little bit of a whiff of ‘I don’t have to put up with it anymore.’ ” The very first question on the final exam set him off. What’s the difference between art and entertainment? “It’s a bullshit distinction dreamed up by academics trying to justify the existence of their jobs,” wrote Sam, and handed the exam back. He felt nothing in the presence of art. He found religion absurd. He thought both right-wing and left-wing political opinions kind of dumb, less a consequence of thought than of their holder’s tribal identity. He and his family ignored the rituals that punctuated most people’s existence. He didn’t even celebrate his own birthday.

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Going Infinite (Michael Lewis)

- Your Highlight on page 35 | location 592-595 | Added on Monday, 27 November 2023 21:42:10

Playing Magic with Matt Nass was one; math camp was the other. After his freshman year in high school, he went to a summer camp for mathematically gifted kids, on the Colby College campus. (Joe drove him there and got lost—then saw an awkward-looking kid sitting under a tree, fiddling with a Rubik’s Cube. “That’s when I knew we’d found the place,” said Joe.)

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Going Infinite (Michael Lewis)

- Your Highlight on page 35 | location 592-595 | Added on Monday, 27 November 2023 21:42:18

Playing Magic with Matt Nass was one; math camp was the other. After his freshman year in high school, he went to a summer camp for mathematically gifted kids, on the Colby College campus. (Joe drove him there and got lost—then saw an awkward-looking kid sitting under a tree, fiddling with a Rubik’s Cube. “That’s when I knew we’d found the place,” said Joe.)

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 16 | location 324-326 | Added on Tuesday, 28 November 2023 07:27:35

A 2014 Cornell University study found that inexpensive communal experiences, such as hiking, budget travel, and attending concerts, brought more life satisfaction—both in anticipation and in retrospective memory—than purchases like expensive electronics and luxury cars.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Bookmark on page 17 | location 330 | Added on Tuesday, 28 November 2023 12:29:11

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Going Infinite (Michael Lewis)

- Your Highlight on page 134 | location 2121-2123 | Added on Wednesday, 29 November 2023 10:26:04

What is curious is how elusive Bitcoin is, as a thing to understand. Bitcoin often gets explained but somehow never stays explained. You nod along and think you are getting it but then

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Going Infinite (Michael Lewis)

- Your Highlight on page 134 | location 2121-2124 | Added on Wednesday, 29 November 2023 10:26:09

What is curious is how elusive Bitcoin is, as a thing to understand. Bitcoin often gets explained but somehow never stays explained. You nod along and think you are getting it but then wake up the next morning needing to hear the explanation all over again.

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Going Infinite (Michael Lewis)

- Your Highlight on page 108 | location 1683-1685 | Added on Wednesday, 29 November 2023 10:34:17

The whole thing was odd: these people joined together by their fear of trust erected a parallel financial system that required more trust from its users than did the traditional financial system.

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Going Infinite (Michael Lewis)

- Your Highlight on page 108 | location 1695-1696 | Added on Wednesday, 29 November 2023 10:35:36

In traditional finance, founded on principles of trust, no one really had to trust anyone. In crypto finance, founded on a principle of mistrust, people trusted total strangers with vast sums of money.

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Going Infinite (Michael Lewis)

- Your Highlight on page 200 | location 3134-3136 | Added on Friday, 1 December 2023 21:32:12

It was curious how few people were ever around. Even in the day, there were more boats than people; at night, the entire resort felt vacant. It was a place where rich people bought homes they didn’t need because that’s what rich people were supposed to do.

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Number Go Up (Zeke Faux)

- Your Highlight on page 10 | location 109-110 | Added on Saturday, 9 December 2023 10:15:32

I’m not going to lie,” Sam Bankman-Fried told me. This was a lie.

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Number Go Up (Zeke Faux)

- Your Highlight on page 18 | location 215-216 | Added on Saturday, 9 December 2023 10:31:33

A journalist composing a painstaking exposé of a crypto scam seemed like a restaurant critic writing a takedown of Taco Bell.

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Number Go Up (Zeke Faux)

- Your Bookmark on page 358 | location 4625 | Added on Saturday, 9 December 2023 21:30:30

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Number Go Up (Zeke Faux)

- Your Bookmark on page 365 | location 4824 | Added on Saturday, 9 December 2023 22:12:50

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Number Go Up (Zeke Faux)

- Your Highlight on page 83 | location 1089-1090 | Added on Saturday, 9 December 2023 22:25:30

Bitfinex had been using a Panamanian money-transfer service called Crypto Capital to move funds and hold some of its cash. This was, amazingly, even sketchier than it sounds.

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Number Go Up (Zeke Faux)

- Your Bookmark on page 367 | location 4875 | Added on Saturday, 9 December 2023 22:35:17

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Number Go Up (Zeke Faux)

- Your Bookmark on page 373 | location 5052 | Added on Sunday, 10 December 2023 22:26:18

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Number Go Up (Zeke Faux)

- Your Bookmark on page 377 | location 5178 | Added on Monday, 11 December 2023 13:00:55

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Number Go Up (Zeke Faux)

- Your Bookmark on page 158 | location 2109 | Added on Monday, 11 December 2023 14:52:20

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Number Go Up (Zeke Faux)

- Your Highlight on page 166 | location 2208-2211 | Added on Monday, 11 December 2023 15:06:16

LAPINA SAID THAT in his best week in the summer of 2021, he earned about $10,000—more than the average annual salary in the country. He always advised his players that the potion riches might not last forever. But he didn’t take his own advice. He bought custom anime-themed watches for himself and his friends, lent money to anyone who asked, and donated thousands of dollars of food and toiletries to the inmates of a local prison. After the crash, he had nothing left.

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Number Go Up (Zeke Faux)

- Your Bookmark on page 380 | location 5255 | Added on Monday, 11 December 2023 15:11:23

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Number Go Up (Zeke Faux)

- Your Highlight on page 177 | location 2351-2352 | Added on Monday, 11 December 2023 22:04:39

“The amount of energy needed to refute bullshit is an order of magnitude bigger than to produce it,”

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Number Go Up (Zeke Faux)

- Your Highlight on page 188 | location 2507-2511 | Added on Monday, 11 December 2023 22:21:01

The blockchain doesn’t even hold the actual image file. It just contains a pointer to the image, which is stored elsewhere on the internet. In this case, my line in the spreadsheet would have a link to Bored Ape #2,735, which has an army helmet and heart-shaped glasses. Anyone could look at that Bored Ape, or even download the image, but only I would be able to use the blockchain to prove that I owned it.

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Number Go Up (Zeke Faux)

- Your Highlight on page 189 | location 2521-2523 | Added on Monday, 11 December 2023 22:23:16

“I look at my life as pre-Beeple and post-Beeple,” said Noah Davis, the head of digital at Christie’s. “The same way the world thinks about before Jesus Christ and after.” The collage went for $69 million. Many people cranked out their

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Number Go Up (Zeke Faux)

- Your Highlight on page 189 | location 2521-2523 | Added on Monday, 11 December 2023 22:23:21

“I look at my life as pre-Beeple and post-Beeple,” said Noah Davis, the head of digital at Christie’s. “The same way the world thinks about before Jesus Christ and after.” The collage went for $69 million.

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Number Go Up (Zeke Faux)

- Your Highlight on page 190 | location 2531-2533 | Added on Monday, 11 December 2023 22:24:23

A woman known online for selling jarred farts started selling NFTs of her flatulence instead. Her slogan was “Imagine the smell.”

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Number Go Up (Zeke Faux)

- Your Bookmark on page 383 | location 5353 | Added on Monday, 11 December 2023 22:36:02

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 30 | location 567-568 | Added on Tuesday, 12 December 2023 10:17:18

Muir quipped, “I am already richer than Harriman. I have all the money I want, and he hasn’t.”

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 30 | location 569-572 | Added on Tuesday, 12 December 2023 10:17:47

All too often, we postpone our deepest travel dreams for fear that we cannot afford them, when in fact the freedom to travel (or actualize any experience-focused dream) isn’t the result of a hypothetical sum of riches: It is the result of a conscious decision to use whatever money we’ve saved up to create enough time to make our dreams happen.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 30 | location 558-561 | Added on Tuesday, 12 December 2023 10:17:55

We are brainwashed by our economic system until we end up in a tomb beneath a pyramid of playthings that divert our attention from the sheer idiocy of the charade. The years thunder by. The dreams of youth grow dim.

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Number Go Up (Zeke Faux)

- Your Highlight on page 216 | location 2886-2886 | Added on Tuesday, 12 December 2023 17:44:19

On a corporate Slack channel, one Celsius executive had joked that his job title should have been “Ponzi Consultant.”

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Number Go Up (Zeke Faux)

- Your Highlight on page 216 | location 2885-2887 | Added on Tuesday, 12 December 2023 17:44:46

unsecured loans to big traders who wanted to gamble on crypto. On a corporate Slack channel, one Celsius executive had joked that his job title should have been “Ponzi Consultant.” Another executive explained the

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Number Go Up (Zeke Faux)

- Your Highlight on page 216 | location 2886-2890 | Added on Tuesday, 12 December 2023 17:44:51

On a corporate Slack channel, one Celsius executive had joked that his job title should have been “Ponzi Consultant.” Another executive explained the company’s problematic business model. “Pay unsustainable yields so you can grow [assets under management], forcing you to take on more risk, experience losses bc of those risks + bad controls / judgment and you are where you are,” he wrote on June 9. (Mashinsky and his lawyers have called allegations of fraud “baseless.” They said Celsius was undone by “a series of calamitous, external events.”)

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Number Go Up (Zeke Faux)

- Your Bookmark on page 388 | location 5501 | Added on Tuesday, 12 December 2023 17:58:04

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Number Go Up (Zeke Faux)

- Your Highlight on page 234 | location 3138-3139 | Added on Tuesday, 12 December 2023 18:44:02

SCAMMING WAS THE one industry where the blockchain was living up to the limitless potential touted by crypto bros.

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Number Go Up (Zeke Faux)

- Your Highlight on page 245 | location 3282-3286 | Added on Tuesday, 12 December 2023 18:54:24

From what I had learned, it seemed that this scam slave complex would not be able to operate without crypto. And the benefits of crypto to the rest of the world seemed to be limited to enabling a zero-sum gambling mania. Crypto bros routinely claimed that anonymous, untraceable payments on the blockchain would somehow help the world’s poor. But it seemed like none of them had bothered to look into what their technology was actually being used for. Tricking Filipinos into going into debt for a pipe dream based on Smooth Love

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Number Go Up (Zeke Faux)

- Your Highlight on page 245 | location 3282-3287 | Added on Tuesday, 12 December 2023 18:54:31

From what I had learned, it seemed that this scam slave complex would not be able to operate without crypto. And the benefits of crypto to the rest of the world seemed to be limited to enabling a zero-sum gambling mania. Crypto bros routinely claimed that anonymous, untraceable payments on the blockchain would somehow help the world’s poor. But it seemed like none of them had bothered to look into what their technology was actually being used for. Tricking Filipinos into going into debt for a pipe dream based on Smooth Love Potions was bad enough. But aiding and abetting enslavement?

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Number Go Up (Zeke Faux)

- Your Bookmark on page 390 | location 5549 | Added on Tuesday, 12 December 2023 18:58:14

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Number Go Up (Zeke Faux)

- Your Highlight on page 319 | location 4261-4267 | Added on Tuesday, 12 December 2023 20:45:25

The lawyer pulled up an Excel spreadsheet of all the transactions in Celsius’s wallet. It was displayed on a large monitor at the left of the courtroom. I got up and walked over to examine it. Each line simply listed Celsius’s wallet address, 0xb1adceddb2941033a090dd166a462fe1c2029484, another long string of characters, and an amount. Crypto mythology had imbued these lines with meaning. Each represented an ownership stake in the future of art, the thinking went, or a DeFi investment that would revolutionize the world of finance. People paid millions of perfectly good dollars to add lines to crypto spreadsheets, to record that they owned a stash of Dogecoins, or a rare Bored Ape. By manipulating sheets like these, Sam Bankman-Fried had made himself into one of the world’s richest men.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 31 | location 585-588 | Added on Wednesday, 13 December 2023 08:03:37

Roman philosopher Seneca the Younger, who wrote to his friend Lucilius with the following challenge: “Set aside a certain number of days, during which you shall be content with the scantiest and cheapest fare, with coarse and rough dress, saying to yourself the while: ‘Is this the condition that I feared?’ ” Inevitably, living with less doesn’t result in poverty so much as a perspective on what in life is really necessary. As you consider the ways that dreamed

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 31 | location 585-588 | Added on Wednesday, 13 December 2023 08:03:44

Roman philosopher Seneca the Younger, who wrote to his friend Lucilius with the following challenge: “Set aside a certain number of days, during which you shall be content with the scantiest and cheapest fare, with coarse and rough dress, saying to yourself the while: ‘Is this the condition that I feared?’ ” Inevitably, living with less doesn’t result in poverty so much as a perspective on what in life is really necessary.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 31 | location 588-590 | Added on Wednesday, 13 December 2023 08:04:06

As you consider the ways that dreamed-of journeys might enhance your life, remember that it is not money alone that affords the freedom to travel, but the willingness to “release your cows”—that is, to cultivate the kind of strategic poverty that will enable you to live a life rich in experience.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 10 | location 302-308 | Added on Wednesday, 13 December 2023 08:26:15

But the “normal” distribution isn’t the only sort of distribution that exists—or even the most common one. So it is not normal in that sense of the word. There are other distributions that are called “fat-tailed” because, compared with normal distributions, they contain far more extreme outcomes in their tails. Wealth, for example, is fat-tailed. At the time of writing, the wealthiest person in the world is 3,134,707 times wealthier than the average person. If human height followed the same distribution as human wealth, the tallest person in the world would not be 1.6 times taller than the average person; he would be 3,311 miles (5,329 kilometers) tall, meaning that his head would be thirteen times farther into outer space than the International Space Station.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 17 | location 419-422 | Added on Wednesday, 13 December 2023 08:41:19

MAKE HASTE—SLOWLY To understand the right way to get a project done quickly, it’s useful to think of a project as being divided into two phases. This is a simplification, but it works: first, planning; second, delivery. The terminology varies by industry—in movies, it’s “development and production”; in architecture, “design and construction”—but the basic idea is the same everywhere: Think first, then do.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 18 | location 443-446 | Added on Wednesday, 13 December 2023 08:43:03

Abraham Lincoln is reputed to have said that if he had five minutes to chop down a tree, he’d spend the first three sharpening the ax.[29] That’s exactly the right approach for big projects: Put enormous care and effort into planning to ensure that delivery is smooth and swift.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 28 | location 589-592 | Added on Wednesday, 13 December 2023 11:17:48

But if while boarding a plane you overhear the pilot say, “I’m optimistic about the fuel situation,” get off immediately, because this is neither the time nor the place for optimism. My key heuristic for managing optimism on projects is “You want the flight attendant, not the pilot, to be an optimist.” What you need from your pilot, and must insist on, is hard-nosed analysis that sees reality as clearly as possible.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 30 | location 616-619 | Added on Wednesday, 13 December 2023 11:19:48

Although much of Kahneman and Tversky’s work focuses on how decision making dominated by System One can fail, it’s important to recognize that quick, intuitive judgment often works remarkably well. That’s why it is our default, as argued by the German psychologist Gerd Gigerenzer.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 33 | location 664-672 | Added on Wednesday, 13 December 2023 11:24:05

When people are asked to make a “best-guess” scenario—the scenario most likely to occur—what they come up with is generally indistinguishable from what they settle on when asked for a “best-case” scenario.[20] Using a best-case scenario as the basis for an estimate is a really bad idea because the best case is seldom the most likely way the future will unfold. It’s often not even probable. There is an almost infinite number of things that could pop up during the weekend and eat into your work time: illness, an accident, insomnia, a phone call from an old friend, a family emergency, broken plumbing, and on down the list. This means that the number of possible futures that could unfold on the weekend is vast but in only one, the best-case scenario, are there no complications cutting into your work time. So you shouldn’t be surprised when Monday morning comes and you didn’t get as much done as you expected. But you probably will be anyway.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 50 | location 939-939 | Added on Wednesday, 13 December 2023 20:49:34

Projects are not goals in themselves. Projects are how goals are achieved.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 50 | location 944-946 | Added on Wednesday, 13 December 2023 20:50:01

At the beginning of a project, we need to disrupt the psychology-driven dash to a premature conclusion by disentangling means and ends and thinking carefully about what exactly we want to accomplish. Frank Gehry’s question, “Why are you doing this project?,” does that.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Bookmark on page 62 | location 1131 | Added on Wednesday, 13 December 2023 21:08:32

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 53 | location 988-996 | Added on Wednesday, 13 December 2023 21:09:43

Jeff Bezos was well aware of that danger, and he came up with an elegant way to keep Amazon focused on customers, which is the company’s primary creed. Bezos noted that when a project is successfully completed and it’s ready to be publicly announced, the conventional last step is to have the communications department write two documents. One is a very short press release (PR) that summarizes what the new product or service is and why it is valuable for customers. The other is a “frequently asked questions” (FAQ) document with more details about costs, functionality, and other concerns. Bezos’s brainstorm was to make that last step in a conventional project the first step in Amazon projects.[11] To pitch a new project at Amazon, you must first write a PR and FAQ, putting the goal smack in the opening sentences of the press release. Everything that happens subsequently is working backwards from the PR/FAQ, as it is called at Amazon. Critically, the language of both documents must be plain.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 79 | location 1414-1419 | Added on Wednesday, 13 December 2023 21:29:38

Try, learn, again. Whatever the project or the technology, it’s the most effective path to a plan that delivers. 5 ARE YOU EXPERIENCED?

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 79 | location 1414-1415 | Added on Wednesday, 13 December 2023 21:29:49

Try, learn, again. Whatever the project or the technology, it’s the most effective path to a plan that delivers.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 90 | location 1584-1589 | Added on Wednesday, 13 December 2023 22:02:22

building and put together like an automobile on the assembly line.”[17] Lamb minimized variety and complexity, including in floor designs, which were kept similar as much as possible. As a result, construction crews could learn by repeating. In other words, workers didn’t build one 102-story building, they built 102 one-story buildings. The whole project shot up the learning curve, and the quick pace of construction only accelerated.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 91 | location 1608-1617 | Added on Wednesday, 13 December 2023 22:03:48

Someone can just tell you, or you can find it in a manual; it is “explicit knowledge.” But as the scientist and philosopher Michael Polanyi showed, much of the most valuable knowledge we can possess and use isn’t like that; it is “tacit knowledge.” We feel tacit knowledge. And when we try to put it into words, the words never fully capture it. As Polanyi wrote, “We can know more than we can tell.”[21] When an adult gives a child what she thinks are complete instructions on how to ride a bike (“Put your foot on the pedal, push off, press down on the other pedal”), the child typically falls on her first tries, because the instructions are not complete. And they cannot be. Much of what the adult knows about how to ride a bike (for example, how exactly to maintain balance during a turn at a certain speed) is knowledge that she feels. It can’t be put fully into words, no matter how many words she uses. So although the instructions are helpful, the only way for the child to learn how to ride a bike is to try, fail, and try again. That is, she needs

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 91 | location 1608-1618 | Added on Wednesday, 13 December 2023 22:03:56

Someone can just tell you, or you can find it in a manual; it is “explicit knowledge.” But as the scientist and philosopher Michael Polanyi showed, much of the most valuable knowledge we can possess and use isn’t like that; it is “tacit knowledge.” We feel tacit knowledge. And when we try to put it into words, the words never fully capture it. As Polanyi wrote, “We can know more than we can tell.”[21] When an adult gives a child what she thinks are complete instructions on how to ride a bike (“Put your foot on the pedal, push off, press down on the other pedal”), the child typically falls on her first tries, because the instructions are not complete. And they cannot be. Much of what the adult knows about how to ride a bike (for example, how exactly to maintain balance during a turn at a certain speed) is knowledge that she feels. It can’t be put fully into words, no matter how many words she uses. So although the instructions are helpful, the only way for the child to learn how to ride a bike is to try, fail, and try again. That is, she needs to develop experience and get that tacit knowledge for herself.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 99 | location 1716-1718 | Added on Thursday, 14 December 2023 21:26:10

But when things go wrong and people get desperate, the obvious is often overlooked, and it’s assumed that if delivery fails, the problem must lie with delivery, when in fact it lies with forecasting.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 105 | location 1820-1824 | Added on Thursday, 14 December 2023 21:32:43

The cultural anthropologist Margaret Mead supposedly told her students, “You’re absolutely unique, just like everyone else.” Projects are like that. Whatever sets a project apart, it shares other characteristics with projects in its class. An opera house may be one of a kind because of its design and location, but it still has plenty in common with other opera houses, and we can learn a lot about how to construct a particular opera house by looking at opera houses in general and considering our opera house to be “one of those.” The category of opera houses is the reference class. Kahneman and Tversky dubbed these two perspectives

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 105 | location 1820-1824 | Added on Thursday, 14 December 2023 21:32:50

The cultural anthropologist Margaret Mead supposedly told her students, “You’re absolutely unique, just like everyone else.” Projects are like that. Whatever sets a project apart, it shares other characteristics with projects in its class. An opera house may be one of a kind because of its design and location, but it still has plenty in common with other opera houses, and we can learn a lot about how to construct a particular opera house by looking at opera houses in general and considering our opera house to be “one of those.” The category of opera houses is the reference class.

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How Big Things Get Done (Bent Flyvbjerg)

- Your Highlight on page 162 | location 2695-2697 | Added on Friday, 15 December 2023 21:34:32

Modularity is a clunky word for the elegant idea of big things made from small things. A block of Lego is a small thing, but by assembling more than nine thousand of them, you can build one of the biggest sets Lego makes, a scale model of the Colosseum in Rome. That’s modularity.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 2 | location 126-136 | Added on Sunday, 17 December 2023 17:21:05

History is filled with surprises no one could have seen coming. But it’s also filled with so much timeless wisdom. If you traveled in time to five hundred years ago or five hundred years from now, you would be astounded at how much technology and medicine has changed. The geopolitical order would make no sense to you. The language and dialect might be completely foreign. But you’d notice people falling for greed and fear just like they do in our current world. You’d see people persuaded by risk, jealousy, and tribal affiliations in ways that are familiar to you. You’d see overconfidence and shortsightedness that remind you of people’s behavior today. You’d find people seeking the secret to a happy life and trying to find certainty when none exists in ways that are entirely relatable. When transported to an unfamiliar world, you’d spend a few minutes watching people behave and say, “Ah. I’ve seen this before. Same as ever.” Change captures our attention because it’s surprising and exciting. But the behaviors that never change are history’s most powerful lessons, because they preview what to expect in the future. Your future.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 3 | location 152-154 | Added on Sunday, 17 December 2023 17:23:13

and it leads to the question: What would be true in every imaginable version of your life, not just this one? Those universal truths are obviously the most important things to focus on, because they don’t rely on chance, luck, or accident.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 4 | location 157-158 | Added on Sunday, 17 December 2023 17:23:46

That’s what this book is about: In a thousand parallel universes, what would be true in every single one?

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 17 | location 326-330 | Added on Sunday, 17 December 2023 20:41:57

considered invites catastrophe. As financial advisor Carl Richards says, “Risk is what’s left over after you think you’ve thought of everything.” That’s the real definition of risk—what’s left over after you’ve prepared for the risks you can imagine. Risk is what you don’t see.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 20 | location 357-360 | Added on Sunday, 17 December 2023 20:45:13

I can promise you that will be the case going forward. The biggest risk and the most important news story of the next ten years will be something nobody is talking about today. No matter what year you’re reading this book, that truth will remain. I can say that confidently because it’s always been true. The fact that you can’t see it coming is exactly what makes it risky.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 22 | location 387-387 | Added on Sunday, 17 December 2023 20:47:34

Psychologist Daniel Kahneman says, “The idea that what you don’t see might

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 22 | location 387-387 | Added on Sunday, 17 December 2023 20:47:39

Psychologist Daniel Kahneman says, “The idea that what you don’t see might

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 22 | location 387-388 | Added on Sunday, 17 December 2023 20:47:43

Psychologist Daniel Kahneman says, “The idea that what you don’t see might refute everything you believe just doesn’t occur to us.”

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 23 | location 402-403 | Added on Sunday, 17 December 2023 20:49:20

Expectations and forecasts are two different things, and in a world where risk is what you don’t see, the former is more valuable than the latter.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 25 | location 433-436 | Added on Sunday, 17 December 2023 22:11:16

Montesquieu wrote 275 years ago, “If you only wished to be happy, this could be easily accomplished; but we wish to be happier than other people, and this is always difficult, for we believe others to be happier than they are.” John D. Rockefeller never had penicillin, sunscreen,

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 25 | location 433-435 | Added on Sunday, 17 December 2023 22:11:21

Montesquieu wrote 275 years ago, “If you only wished to be happy, this could be easily accomplished; but we wish to be happier than other people, and this is always difficult, for we believe others to be happier than they are.”

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 29 | location 481-482 | Added on Sunday, 17 December 2023 22:14:29

There is no such thing as objective wealth—everything is relative, and mostly relative to those around you.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 34 | location 551-554 | Added on Sunday, 17 December 2023 22:18:46

We spend so much effort trying to improve our income, skills, and ability to forecast the future—all good stuff worthy of our attention. But on the other side there’s an almost complete ignorance of expectations, especially managing them with as much effort as we put into changing our circumstances. Imagine a life where almost everything gets better but you never appreciate it because your expectations rise as fast as your circumstances. It’s terrifying, and almost as bad as a world where nothing gets better.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 35 | location 563-566 | Added on Sunday, 17 December 2023 22:20:12

One is the constant reminder that wealth and happiness is a two-part equation: what you have and what you expect/need. When you realize that each part is equally important, you see that the overwhelming attention we pay to getting more and the negligible attention we put on managing expectations makes little sense, especially because the expectations side can be so much more in your control. The

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 35 | location 563-566 | Added on Sunday, 17 December 2023 22:20:17

One is the constant reminder that wealth and happiness is a two-part equation: what you have and what you expect/need. When you realize that each part is equally important, you see that the overwhelming attention we pay to getting more and the negligible attention we put on managing expectations makes little sense, especially because the expectations side can be so much more in your control.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Bookmark on page 210 | location 2834 | Added on Sunday, 17 December 2023 22:46:48

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 56 | location 832-838 | Added on Tuesday, 19 December 2023 10:39:37

There is too much information in the world for everyone to calmly sift through the data, looking for the most rational, most correct answer. People are busy and emotional, and a good story is always more powerful and persuasive than ice-cold statistics. If you have the right answer, you may or may not get ahead. If you have the wrong answer but you’re a good storyteller, you’ll probably get ahead (for a while). If you have the right answer and you’re a good storyteller, you’ll almost certainly get ahead. That’s always been true, always will be true, and it shows up in so many areas of history.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 65 | location 952-953 | Added on Tuesday, 19 December 2023 10:51:08

Visa founder Dee Hock once said, “New ways of looking at things create much greater innovation than new ways of doing them.”

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 73 | location 1049-1053 | Added on Tuesday, 19 December 2023 18:14:29

Every investment price, every market valuation, is just a number from today multiplied by a story about tomorrow. The numbers are easy to measure, easy to track, easy to formulate. It’s getting easier as almost everyone has cheap access to information. But the stories are often bizarre reflections of people’s hopes, dreams, fears, insecurities, and tribal affiliations. And they’re getting more bizarre as social media amplifies the most emotionally appealing views.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 85 | location 1205-1205 | Added on Tuesday, 19 December 2023 18:38:16

Things can become the most dangerous when people perceive them to be the safest.

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The Brain - The Story of You (Eagleman, David)

- Your Highlight on page 13 | location 99-101 | Added on Tuesday, 19 December 2023 19:08:03

The human brain’s ability to shape itself to the world into which it’s born has allowed our species to take over every ecosystem on the planet and begin our move into the solar system.

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The Brain - The Story of You (Eagleman, David)

- Your Highlight on page 39 | location 371-384 | Added on Tuesday, 19 December 2023 19:30:37

When the team began their research, they expected to find a clear-cut link between cognitive decline and the three diseases that are the most common causes of dementia: Alzheimer’s, stroke and Parkinson’s. Instead, here’s what they found: having brain tissue that was being riddled with the ravages of Alzheimer’s disease didn’t necessarily mean a person would experience cognitive problems. Some people were dying with a full-blown Alzheimer’s pathology without having cognitive loss. What was going on? The team went back to their substantial data sets for clues. Bennett found that psychological and experiential factors determined whether there was loss of cognition. Specifically, cognitive exercise – that is, activity that keeps the brain active, like crosswords, reading, driving, learning new skills, and having responsibilities – was protective. So were social activity, social networks and interactions, and physical activity. On the flip side, they found that negative psychological factors like loneliness, anxiety, depression, and proneness to psychological distress were related to more rapid cognitive decline. Positive traits like conscientiousness, purpose in life, and keeping busy were protective. The participants with diseased neural tissue – but no cognitive symptoms – have built up what is known as “cognitive reserve”. As areas of brain tissue have degenerated, other areas have been well exercised, and therefore have compensated or taken over those functions. The more we keep our brains cognitively fit – typically by challenging them with difficult and novel tasks, including social interaction – the more the neural networks build new roadways to get from A to B.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 95 | location 1324-1327 | Added on Tuesday, 19 December 2023 21:16:20

An important thing about this topic is that most great things in life—from love to careers to investing—gain their value from two things: patience and scarcity. Patience to let something grow, and scarcity to admire what it grows into. But what are two of the most common tactics when people pursue something great? Trying to make it faster and bigger. It’s always been

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 95 | location 1324-1328 | Added on Tuesday, 19 December 2023 21:16:25

An important thing about this topic is that most great things in life—from love to careers to investing—gain their value from two things: patience and scarcity. Patience to let something grow, and scarcity to admire what it grows into. But what are two of the most common tactics when people pursue something great? Trying to make it faster and bigger. It’s always been a problem, and always will be. Same as ever.

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The Brain - The Story of You (Eagleman, David)

- Your Highlight on page 107 | location 1033-1034 | Added on Tuesday, 19 December 2023 21:34:03

Consider rock climber Dean Potter: until his recent death, he scaled cliffs without a rope and without safety equipment. From the age of twelve, Dean dedicated his life to climbing. Years of practice hardwired great precision and skill into his brain. To achieve his rock-climbing prowess,

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The Brain - The Story of You (Eagleman, David)

- Your Bookmark on page 254 | location 2616 | Added on Tuesday, 19 December 2023 21:42:52

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Bookmark on page 217 | location 3149 | Added on Tuesday, 19 December 2023 22:23:26

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The Brain - The Story of You (Eagleman, David)

- Your Bookmark on page 256 | location 2661 | Added on Wednesday, 20 December 2023 22:03:47

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Bookmark on page 218 | location 3197 | Added on Thursday, 21 December 2023 03:10:26

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The Brain - The Story of You (Eagleman, David)

- Your Bookmark on page 259 | location 2706 | Added on Thursday, 21 December 2023 03:33:22

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 113 | location 1564-1569 | Added on Thursday, 21 December 2023 21:23:10

A lot of progress and good news concerns things that didn’t happen, whereas virtually all bad news is about what did occur. Good news is the deaths that didn’t take place, the diseases you didn’t get, the wars that never happened, the tragedies avoided, and the injustices prevented. That’s hard for people to contextualize or even imagine, let alone measure. But bad news is visible. More than visible, it’s in your face. It’s the terrorist attack, the war, the car accident, the pandemic, the stock market crash, and the political battle you can’t look away from.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 119 | location 1633-1636 | Added on Thursday, 21 December 2023 21:27:03

It’s good to always assume the world will break about once per decade, because historically it has. The breakages feel like low-probability events, so it’s common to think they won’t keep happening. But they do, again and again, because they’re actually just smaller high-probability events compounding off one another. That isn’t intuitive, so we’ll discount big risks like we always have.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 120 | location 1647-1649 | Added on Thursday, 21 December 2023 21:28:47

That’s the real lesson from evolution: If you have a big number in the exponent slot, you do not need extraordinary change to deliver extraordinary results. It’s not intuitive, but it’s so powerful. “The greatest shortcoming of the human race is our inability to understand the exponential

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 120 | location 1647-1650 | Added on Thursday, 21 December 2023 21:28:53

That’s the real lesson from evolution: If you have a big number in the exponent slot, you do not need extraordinary change to deliver extraordinary results. It’s not intuitive, but it’s so powerful. “The greatest shortcoming of the human race is our inability to understand the exponential function,” physicist Albert Bartlett used to say.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Bookmark on page 219 | location 3244 | Added on Thursday, 21 December 2023 21:30:37

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 123 | location 1670-1672 | Added on Saturday, 23 December 2023 09:55:36

The best financial plan is to save like a pessimist and invest like an optimist. That idea—the belief that things will get better mixed with the reality that the path between now and then will be a continuous chain of setback, disappointment, surprise,

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 123 | location 1670-1673 | Added on Saturday, 23 December 2023 09:55:41

The best financial plan is to save like a pessimist and invest like an optimist. That idea—the belief that things will get better mixed with the reality that the path between now and then will be a continuous chain of setback, disappointment, surprise, and shock—shows up all over history, in all areas of life.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 140 | location 1895-1899 | Added on Saturday, 23 December 2023 22:36:29

But there’s rarely a price tag. And you don’t pay the price with cash. Most things worth pursuing charge their fee in the form of stress, uncertainty, dealing with quirky people, bureaucracy, other peoples’ conflicting incentives, hassle, nonsense, long hours, and constant doubt. That’s the overhead cost of getting ahead. A lot of times that price is worth paying. But you have to realize that it’s a price that must be paid. There are few coupons, and sales are rare.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Bookmark on page 221 | location 3342 | Added on Saturday, 23 December 2023 22:40:57

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 150 | location 2024-2026 | Added on Sunday, 24 December 2023 10:39:58

It’s an arms race. Evolution is the study of advantages. Van Valen’s idea is simply that there are no permanent advantages. Everyone is madly scrambling all the time, but no one gets so far ahead that they become extinction-proof.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 160 | location 2137-2138 | Added on Sunday, 24 December 2023 10:46:28

It’s easiest to convince people that you’re special if they don’t know you well enough to see all the ways you’re not. Keep that in mind when comparing your

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 160 | location 2137-2139 | Added on Sunday, 24 December 2023 10:46:38

It’s easiest to convince people that you’re special if they don’t know you well enough to see all the ways you’re not. Keep that in mind when comparing your career, business, and life to those of others.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 162 | location 2167-2168 | Added on Sunday, 24 December 2023 10:49:38

Most things are harder than they look and not as fun as they seem.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Bookmark on page 225 | location 3513 | Added on Sunday, 24 December 2023 22:07:03

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 182 | location 2407-2416 | Added on Monday, 25 December 2023 07:25:02

There are two types of information: permanent and expiring. Permanent information is: “How do people behave when they encounter a risk they hadn’t fathomed?” Expiring information is: “How much profit did Microsoft earn in the second quarter of 2005?” Expiring knowledge catches more attention than it should, for two reasons. One, there’s a lot of it, eager to keep our short attention spans occupied. Two, we chase it down, anxious to squeeze insight out of it before it loses relevance. Permanent information is harder to notice because it’s buried in books rather than blasted in headlines. But its benefit is huge. It’s not just that permanent information never expires, letting you accumulate it. It also compounds over time, leveraging off what you’ve already learned. Expiring information tells you what happened; permanent information tells you why something happened and is likely to happen again. That “why” can translate and interact with stuff you know about other topics, which is where the compounding comes in.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 187 | location 2466-2466 | Added on Monday, 25 December 2023 14:07:37

A trick to learning a complicated topic is realizing how many complex details are cousins of something simple.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 187 | location 2465-2470 | Added on Monday, 25 December 2023 14:08:06

way. Just give me the few things I need and make them effective.” A trick to learning a complicated topic is realizing how many complex details are cousins of something simple. John Reed wrote in his book Succeeding: When you first start to study a field, it seems like you have to memorize a zillion things. You don’t. What you need is to identify the core principles—generally three to twelve of them—that govern the field. The million things you thought you had to memorize are simply various combinations of the core principles.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 187 | location 2466-2470 | Added on Monday, 25 December 2023 14:08:18

A trick to learning a complicated topic is realizing how many complex details are cousins of something simple. John Reed wrote in his book Succeeding: When you first start to study a field, it seems like you have to memorize a zillion things. You don’t. What you need is to identify the core principles—generally three to twelve of them—that govern the field. The million things you thought you had to memorize are simply various combinations of the core principles.

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Same as Ever - Morgan Housel (Morgan Housel)

- Your Highlight on page 198 | location 2606-2608 | Added on Monday, 25 December 2023 14:18:22

But usually a better question is, “What have you experienced that I haven’t that makes you believe what you do? And would I think about the world like you do if I experienced what you have?”

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 49 | location 903-907 | Added on Sunday, 31 December 2023 10:26:13

Indeed, for all the presumed perks offered by luxury hotels and tourist-district restaurants, sleeping in locally owned guesthouses and dining on street food is not just cheaper—it’s far more likely to embed travelers in the daily life of their destination. On the road, rich journeys don’t flow from extravagant budgets; they are found in forgoing the minor comforts and conveniences we’ve been convinced we want, and using what money we have to embrace what a place offers us.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 53 | location 967-971 | Added on Thursday, 4 January 2024 07:25:05

Geoff Dyer’s 1998 novel Paris Trance depicts the sojourn of a twenty-six-year-old Englishman named Luke, who travels to France with the intention of writing a book about what he finds there. Luke makes little progress on his novel once he arrives in Paris, yet his experiences in the city soon outstrip his motives for going there. “The book had assumed the status of a passport or travel visa,” Dyer noted. “Something which, by enabling him to leave one country and pass into another, had served its purpose, and could be, if not discarded, then stored away and ignored.”

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Worry-Free Money: The Guilt-Free Approach to Managing Your Money and Your Life (Shannon Lee Simmons)

- Your Bookmark at location 1535 | Added on Monday, 8 January 2024 09:35:48

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Worry-Free Money: The Guilt-Free Approach to Managing Your Money and Your Life (Shannon Lee Simmons)

- Your Bookmark at location 1782 | Added on Monday, 8 January 2024 10:23:56

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Bookmark at location 5425 | Added on Monday, 8 January 2024 21:33:31

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 58 | location 1059-1059 | Added on Tuesday, 9 January 2024 20:21:02

Explore possibilities, in other words, but don’t plan out every possibility.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 58 | location 1059-1062 | Added on Tuesday, 9 January 2024 20:21:25

“Ordinary travelers through life try to control everything, in order to protect their delusions from the nasty shocks of reality,” Ed Buryn wrote in Vagabonding in the USA. “Vagabonds know better, and book the details of their trip with an agent called Chance. Giving up control of your life frees you from the illusion that you can control it, and this freedom in turn connects you into its unlimited potential.”

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Highlight at location 1337-1338 | Added on Tuesday, 9 January 2024 22:00:28

John Stuart Mill once said, “Men do not desire to be rich, only to be richer than other men.”

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Bookmark at location 1387 | Added on Tuesday, 9 January 2024 22:03:17

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 59 | location 1075-1078 | Added on Wednesday, 10 January 2024 09:34:56

Finding ways to move beyond two-week vacation cycles and embrace journeys that stretch on for months (or years) is less a matter of deep financial resources than the willingness to slow down and stay flexible, to cut out tourism-industry intermediaries and travel within local economies, to “see” less and experience more.

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Bookmark at location 2257 | Added on Wednesday, 10 January 2024 10:53:24

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 62 | location 1129-1131 | Added on Saturday, 13 January 2024 10:09:35

Yet, in an information-drenched society that tempts us to choose unhappiness over uncertainty, it is helpful to remember that one of the key gifts of travel has always been uncertainty itself.

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Highlight at location 2556-2564 | Added on Tuesday, 16 January 2024 21:26:24

Step 4: Three Questions That Will Transform Your Life In this step you evaluate your spending by asking three questions about the total money spent in each of your subcategories: Did I receive fulfillment, satisfaction, and value in proportion to life energy spent? Is this expenditure of life energy in alignment with my values and life purpose? How might this expenditure change if I didn’t have to work for money? Each of these questions points to a facet of your dreams. The first asks if your spending is bringing you the kind of happiness you feel when you are living your dream. The second asks if this spending is taking you in the direction of your dream. The third asks you to imagine how this spending would change if you no longer had to make money to support your lifestyle.

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Bookmark at location 2708 | Added on Tuesday, 16 January 2024 21:38:14

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Highlight at location 2739-2740 | Added on Tuesday, 16 January 2024 21:54:02

FIGURE 4-1 Purpose in Life Test

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Note at location 2740 | Added on Tuesday, 16 January 2024 21:54:21

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Highlight at location 2878-2880 | Added on Tuesday, 16 January 2024 22:01:32

Accountability—knowing how much money is flowing into and out of your life—is basic Financial Intelligence. Clearly, if you never know how much you have or where it’s all going, you can never have enough.

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Note at location 2880 | Added on Tuesday, 16 January 2024 22:05:14

I am obviously fine day to day and even year to year but i feel when measured over lifetime is where I am missing out and this can lead to ny frugality and constantly weighing everything up.

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Highlight at location 2890-2890 | Added on Tuesday, 16 January 2024 22:13:37

Break down responsibility and you get “response” and “ability

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Bookmark at location 4502 | Added on Sunday, 21 January 2024 05:19:55

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Your Money or Your Life (Vicki Robin;Joe Dominguez)

- Your Bookmark at location 4618 | Added on Sunday, 21 January 2024 20:24:58

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 78 | location 1373-1375 | Added on Saturday, 27 January 2024 09:49:11

Though it’s a relief that world travelers are no longer required to sleep in brothels and hitch rides on merchant ships, it’s good to remember that the modern travel industry is designed to deliver efficiencies rather than epiphanies, certainties rather than serendipities

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 80 | location 1408-1412 | Added on Monday, 29 January 2024 10:04:36

While I’m fond of visiting museums as I travel, it’s worth noting that museums are popular with travelers because their exhibits offer a concentrated dose of culture for people without a lot of time to linger in a new place. Even as we enjoy museums, it’s good to consider Grover’s discovery that the truest exhibits of a culture lie beyond the museum’s exit—that the entire world can be a museum if we can just slow down and pay attention.

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Blue Machine (Helen Czerski)

- Your Highlight on page 5 | location 401-403 | Added on Monday, 29 January 2024 21:36:50

Our planet intercepts a tiny fraction of the mighty energy output of the sun, preventing it from flowing onward into the universe, and diverting it on to a much slower path through the mechanisms of the Earth: ocean, atmosphere, ice, life and rocks.

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Blue Machine (Helen Czerski)

- Your Highlight on page 5 | location 401-405 | Added on Monday, 29 January 2024 21:37:15

Our planet intercepts a tiny fraction of the mighty energy output of the sun, preventing it from flowing onward into the universe, and diverting it on to a much slower path through the mechanisms of the Earth: ocean, atmosphere, ice, life and rocks. On its way through the planetary system, this energy is carried by atmospheric winds and ocean currents, builds both mighty oak trees and the delicate lichen on stone walls, lifts a trillion tons of water into the sky every day, fuels every human and every owl and every ant on Earth, and powers the laptop I’m typing on.

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Blue Machine (Helen Czerski)

- Your Highlight on page 5 | location 401-406 | Added on Monday, 29 January 2024 21:37:43

Our planet intercepts a tiny fraction of the mighty energy output of the sun, preventing it from flowing onward into the universe, and diverting it on to a much slower path through the mechanisms of the Earth: ocean, atmosphere, ice, life and rocks. On its way through the planetary system, this energy is carried by atmospheric winds and ocean currents, builds both mighty oak trees and the delicate lichen on stone walls, lifts a trillion tons of water into the sky every day, fuels every human and every owl and every ant on Earth, and powers the laptop I’m typing on. The oceanic engine is the heart of this system, hosting the majority of this flowing energy either as heat or as movement.

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Blue Machine (Helen Czerski)

- Your Highlight on page 6 | location 411-419 | Added on Monday, 29 January 2024 21:39:30

Sunlight reaches everywhere on Earth, but it’s more intense close to the equator because there the sun is high overhead, so the equatorial regions receive far more of the sun’s energy than the poles. However, the Earth loses heat much more evenly, and plenty of energy is lost from the polar regions. That means that over a year, the equatorial regions experience a net gain of energy from the universe, and the poles experience a net loss. That contrast leads to a very profound conclusion: the atmosphere and oceans aren’t just storing the energy that flows through the system; they’re redistributing it. This is the dominant pattern behind the ocean engine: the overall shunting of energy from equator to poles. All aspects of the ocean and its influence on our lives fit somewhere into this mosaic: currents and stormy seas, the evaporated ocean water that later falls as rain over the Amazon, coastal erosion, migrating fish and airborne whale snot, expelled from the blowhole of the largest mammal on Earth and temporarily meandering through the atmosphere. They

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Blue Machine (Helen Czerski)

- Your Highlight on page 6 | location 411-419 | Added on Monday, 29 January 2024 21:39:36

Sunlight reaches everywhere on Earth, but it’s more intense close to the equator because there the sun is high overhead, so the equatorial regions receive far more of the sun’s energy than the poles. However, the Earth loses heat much more evenly, and plenty of energy is lost from the polar regions. That means that over a year, the equatorial regions experience a net gain of energy from the universe, and the poles experience a net loss. That contrast leads to a very profound conclusion: the atmosphere and oceans aren’t just storing the energy that flows through the system; they’re redistributing it. This is the dominant pattern behind the ocean engine: the overall shunting of energy from equator to poles. All aspects of the ocean and its influence on our lives fit somewhere into this mosaic: currents and stormy seas, the evaporated ocean water that later falls as rain over the Amazon, coastal erosion, migrating fish and airborne whale snot, expelled from the blowhole of the largest mammal on Earth and temporarily meandering through the atmosphere

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Blue Machine (Helen Czerski)

- Your Highlight on page 23 | location 633-642 | Added on Tuesday, 30 January 2024 20:18:34

commodity here is energy. Water can store a surprising amount of energy as heat. Imagine two grapefruit-sized globes of water side by side,fn2 one full of North Pole ocean at about −1.8°C, and one full of Persian Gulf water at about 30°C. The warmer water has more heat energy, and if you could channel all that extra energy into doing something mechanical, you could lift an SUV (weighing nearly two tons) up by about 7 metres, high enough to be level with the top of a two-storey house. This is an astonishing amount of energy, and that’s just what’s held in a single kilogram of water. It’s really hard to heat water up, so you have to add a huge amount of energy to make even a small change to the temperature.fn3 But once you’ve warmed up the water, you haven’t lost anything – the energy is just stored as heat until the water gives it away and cools back down. This makes water astonishingly effective at storing energy.

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Blue Machine (Helen Czerski)

- Your Highlight on page 23 | location 633-642 | Added on Tuesday, 30 January 2024 20:18:42

Water can store a surprising amount of energy as heat. Imagine two grapefruit-sized globes of water side by side,fn2 one full of North Pole ocean at about −1.8°C, and one full of Persian Gulf water at about 30°C. The warmer water has more heat energy, and if you could channel all that extra energy into doing something mechanical, you could lift an SUV (weighing nearly two tons) up by about 7 metres, high enough to be level with the top of a two-storey house. This is an astonishing amount of energy, and that’s just what’s held in a single kilogram of water. It’s really hard to heat water up, so you have to add a huge amount of energy to make even a small change to the temperature.fn3 But once you’ve warmed up the water, you haven’t lost anything – the energy is just stored as heat until the water gives it away and cools back down. This makes water astonishingly effective at storing energy.

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Blue Machine (Helen Czerski)

- Your Highlight on page 24 | location 646-647 | Added on Tuesday, 30 January 2024 20:20:46

There’s heat energy in water at any temperature, but in order to extract it, you need a contrast – the warm water has to be paired with something cold. Then you need a technology to sit between the hot and cold water and to extract some of the energy flowing between the two,

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Blue Machine (Helen Czerski)

- Your Highlight on page 26 | location 665-666 | Added on Tuesday, 30 January 2024 20:23:29

it demonstrates that warm water – just warm, not even hot – is a vast store of energy.

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Blue Machine (Helen Czerski)

- Your Highlight on page 26 | location 665-667 | Added on Tuesday, 30 January 2024 20:23:47

it demonstrates that warm water – just warm, not even hot – is a vast store of energy. It might be tricky for humans to extract that energy, but on a planetary scale the global ocean is a gigantic heat reservoir.

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Blue Machine (Helen Czerski)

- Your Highlight on page 28 | location 697-698 | Added on Tuesday, 30 January 2024 20:30:38

iridescence, sand and rock that the natural world has on display. But water isn’t nearly as transparent to light as we generally think, and

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Blue Machine (Helen Czerski)

- Your Highlight on page 28 | location 697-701 | Added on Tuesday, 30 January 2024 20:30:42

But water isn’t nearly as transparent to light as we generally think, and as you descend the surroundings get bluer and then blacker as the water absorbs all the sunlight on offer. As humans looking at the world, our focus tends to be on this visual loss. But the laws of physics offer a different perspective: the light may disappear, but the energy can’t. Visible light is converted into ocean heat, and so the photographer’s loss is the thermometer’s gain. Sunlight bathes the pretty reef fish twice: in light until the water has extracted its energy tax,

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Blue Machine (Helen Czerski)

- Your Highlight on page 28 | location 697-702 | Added on Tuesday, 30 January 2024 20:30:57

But water isn’t nearly as transparent to light as we generally think, and as you descend the surroundings get bluer and then blacker as the water absorbs all the sunlight on offer. As humans looking at the world, our focus tends to be on this visual loss. But the laws of physics offer a different perspective: the light may disappear, but the energy can’t. Visible light is converted into ocean heat, and so the photographer’s loss is the thermometer’s gain. Sunlight bathes the pretty reef fish twice: in light until the water has extracted its energy tax, and then in warmth. And so the ocean is heated by the sun.

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Blue Machine (Helen Czerski)

- Your Highlight on page 33 | location 773-775 | Added on Tuesday, 30 January 2024 20:46:34

In the deep ocean basins, there is generally a stack of three or four major layers which are known to oceanographers as water masses. Each one has a distinct character and history, and these are the biggest components of the ocean engine. Lesson one about the structure of the ocean is that it’s layered, and those layers generally do not mix with each other.

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Blue Machine (Helen Czerski)

- Your Highlight on page 37 | location 823-830 | Added on Tuesday, 30 January 2024 20:55:59

This brings us to one of the most significant consequences of the layered ocean. Phytoplankton are a diverse, complex and beautiful group of organisms, but their major needs are quite simple. They need sunlight, nutrients, carbon dioxide and water, although this last one has never yet been considered a limiting factor in the ocean. It’s the first two that hold things back. The upper (generally warm) layer of the ocean has plenty of sunlight. But nutrients there can get used up quite quickly. Down in the deeper, colder water hidden beneath, there tends to be plenty of nutrients, but no sunlight. Tiny single-celled phytoplankton are capable of a truly monumental task: building the foundation of the entire ocean food chain. But they can only do this when both light and nutrients are present – both the energy and the raw material – and our layered ocean tends to keep these critical ingredients frustratingly separate: light up top, nutrition down below. The cold current noted by von Humboldt (and later named after him)

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Blue Machine (Helen Czerski)

- Your Highlight on page 37 | location 823-830 | Added on Tuesday, 30 January 2024 20:56:05

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Blue Machine (Helen Czerski)

- Your Highlight on page 38 | location 839-841 | Added on Tuesday, 30 January 2024 20:57:46

Breaking the normal ocean rules like this matters. This narrow ocean region, covering perhaps 0.05 per cent of the global ocean surface, is responsible for 15–20 per cent of the entire global fish catch. Until very recently, the annual catch of the Peruvian anchoveta has consistently been the largest of any single wild fish species

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Blue Machine (Helen Czerski)

- Your Highlight on page 42 | location 900-907 | Added on Tuesday, 30 January 2024 21:05:34

Although the ocean is a very effective store for heat energy, it’s extremely sluggish when it comes to moving that heat around. In contrast, our atmosphere is pretty poor at storing heat, but it can shunt energy around very quickly. A warm ocean can provide a steady supply of energy to the skies, keeping our atmosphere ticking along even when clouds block the sun for days or weeks. The vehicle for the majority of that energy supply is evaporating water, but the ocean surface also radiates heat directly, and transfers a little bit via conduction right at the surface. All this makes the ocean a vital energy reservoir, buffering the sun’s irregular supply and smoothing the flow that gets distributed around the globe. It’s also the source of the vast majority of water in our skies. Sea surface temperature is constantly sculpting global weather patterns, and that makes it critical information for modern weather forecasts.

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Blue Machine (Helen Czerski)

- Your Highlight on page 45 | location 951-955 | Added on Tuesday, 30 January 2024 21:10:35

Imagine picking 1 square metre of ocean surface, and adding up the heat needed to raise the temperature of the entire atmosphere above that square by 1°C. If you put that same amount of energy into raising ocean temperature by 1°C, you would only be able to heat the top 2.5 metres of the seawater below your square, a piddling sliver when you’ve got 4 kilometres of ocean depth to play with. So the total heat energy in the atmosphere is tiny compared with that in the ocean.

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Blue Machine (Helen Czerski)

- Your Highlight on page 45 | location 951-956 | Added on Tuesday, 30 January 2024 21:10:48

Imagine picking 1 square metre of ocean surface, and adding up the heat needed to raise the temperature of the entire atmosphere above that square by 1°C. If you put that same amount of energy into raising ocean temperature by 1°C, you would only be able to heat the top 2.5 metres of the seawater below your square, a piddling sliver when you’ve got 4 kilometres of ocean depth to play with. So the total heat energy in the atmosphere is tiny compared with that in the ocean. The atmosphere moves much more quickly than the ocean, and so can help shunt energy around, but it’s the transport system, not the warehouse.

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Blue Machine (Helen Czerski)

- Your Highlight on page 53 | location 1060-1062 | Added on Tuesday, 30 January 2024 21:20:53

You could view ocean water as an ionic dating agency: it provides a place for the sodium and chloride to mingle, but it’s only when the water itself quietly gets out of the way that the familiar pairing appears. Sea salt really is just what’s left, and it’s the same all over the world.

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Blue Machine (Helen Czerski)

- Your Highlight on page 55 | location 1088-1089 | Added on Tuesday, 30 January 2024 21:23:28

Although the global ocean is a single connected body of water, it includes a few hangers-on which barely touch the rest. One of the most well

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Blue Machine (Helen Czerski)

- Your Highlight on page 57 | location 1109-1112 | Added on Tuesday, 30 January 2024 22:23:47

There aren’t any significant salt inputs or outputs feeding or depleting the global ocean:fn32 what is in there now is pretty much all there will ever be. If we see variations in the salinity of the ocean, those patterns are telling us not about what the salt has been doing, but about what the water has been doing.

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Blue Machine (Helen Czerski)

- Your Highlight on page 58 | location 1127-1130 | Added on Tuesday, 30 January 2024 22:28:41

So if a whale is careful, squeezing out the seawater that comes with each mouthful of fish before it swallows, it can get enough water from its food without taking in too much extra salt. We don’t yet know for certain, but it seems likely that whales don’t need to drink.

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Blue Machine (Helen Czerski)

- Your Highlight on page 59 | location 1141-1145 | Added on Tuesday, 30 January 2024 22:31:36

she takes in more than 10 kilos of salt every single day. How could any animal survive that without shrivelling up from the inside out? The solution is both ingenious and (to us) heartbreaking: this gentle giant weeps as she eats. A huge proportion of her head is taken up with salt glands, organs that remove salt and push it out of her tear ducts. Leatherback tears are thick and viscous and almost twice as salty as the ocean. To keep eating without killing herself with salt,fn34 the turtle must cry around eight litres of tears every hour.

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Blue Machine (Helen Czerski)

- Your Highlight on page 65 | location 1230-1236 | Added on Wednesday, 31 January 2024 07:59:23

But the real complication comes when other water molecules are near by and the positive and negative electric charges on one molecule feel the pull of all the other negatives and positives around them. The outcome is that water molecules are intensely attracted to other water molecules, and this is the only reason why such a small molecule is a liquid at room temperature. Other similarly sized molecules – methane, nitrous oxides, carbon dioxide – easily fly free of each other to form gases at atmospheric temperature and pressure. But water molecules are locked in a crowded liquid dance with each other, constantly twirling and swapping partners, but unable to leave the dance floor. If you give them extra energy by heating the water up, the molecules speed up and spread out, and maybe a small number will have enough energy to escape and become a gas.

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Blue Machine (Helen Czerski)

- Your Highlight on page 66 | location 1242-1245 | Added on Wednesday, 31 January 2024 08:01:10

This is why ice floats in your drink: the denser liquid wins the gravitational race to the bottom, and the less dense solid is left floating at the top. It is hard to overstate how weird this is: almost every other substance shrinks when it freezes, and so the frozen parts will sink to the bottom. But frozen water easily floats on top of liquid water, in all circumstances.

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Blue Machine (Helen Czerski)

- Your Highlight on page 73 | location 1340-1346 | Added on Wednesday, 31 January 2024 08:17:21

The basin on the north side is full of dense, salty, cold Arctic water, and like water overflowing from a bath this dense water slithers across the ledge to meet the Atlantic. There it encounters warmer water which is less dense, and so the huge cold overflow slides underneath the Atlantic waters, hugging the slope and tumbling downwards underneath the rest of the ocean until it reaches the bottom, 2.5 kilometres below the ledge. This is the Denmark Strait Overflow, the largest waterfall in the world, plunging down a long underwater mountainside to join an underwater deep pool at the bottom. It’s estimated that 3 million cubic metres of water flood down this cataract every single second, more than one thousand times the flow of Niagara Falls.

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Blue Machine (Helen Czerski)

- Your Highlight on page 101 | location 1729-1734 | Added on Wednesday, 31 January 2024 11:19:51

Both the continental crust and the oceanic crust are floating on top of the mantle, but because the continental crust is thicker and more buoyant, it sticks up further and also goes down deeper. By contrast, the oceanic crust is delicately parked on top of the mantle, and is far less conspicuous than the continents, partly because it’s thin and reasonably flat, and partly because its surface is almost always a few kilometres lower than the surface of the continents and water fills up the lowest spaces first. The deep ocean is deep because it sits on top of oceanic crust, and these great ocean basins are called basins because they really are like a bathroom sink in a countertop:

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Blue Machine (Helen Czerski)

- Your Highlight on page 101 | location 1729-1734 | Added on Wednesday, 31 January 2024 11:20:04

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Blue Machine (Helen Czerski)

- Your Highlight on page 120 | location 1983-1984 | Added on Wednesday, 31 January 2024 21:44:45

First of all, most land – two-thirds of the total – is in the northern hemisphere. That means that the southern hemisphere is 80 per cent water and 20 per cent land.

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Blue Machine (Helen Czerski)

- Your Highlight on page 132 | location 2144-2145 | Added on Thursday, 1 February 2024 22:14:55

The ocean is the realm of salt water, which makes up 97.5 per cent of all the water on Earth. The other 2.5 per cent is fresh water, and land is the temporary home of almost all of that.

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Blue Machine (Helen Czerski)

- Your Highlight on page 149 | location 2362-2367 | Added on Friday, 2 February 2024 21:43:22

But the ocean is all contained in a single connected global pool, without any physical barriers, so why does the ocean vary so much? Why isn’t it mostly the same, with everything in the pot all mixed in together? One way of looking at this conundrum is to recognize that energy is constantly pouring in and out of the blue machine all over the globe, unsettling the system, with the consequence that the ocean just can’t adjust quickly enough to ever catch up with itself. But a more pragmatic view is to consider two sets of ocean processes: the ones that cause separation and difference, and the ones that mix everything together and try to even it all out. The balance between the two dictates what happens and where, sculpting the large- and small-scale anatomy of the ocean.

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Blue Machine (Helen Czerski)

- Your Highlight on page 152 | location 2414-2420 | Added on Friday, 2 February 2024 21:53:27

Oceanographers have a phrase to describe a part of the ocean which is separated into density layers: they say it’s stratified. The more pronounced the layering, the stronger the stratification. This principle is familiar to cocktail aficionados the world over: if you use a spoon to control the flow of a creamy liqueur on to the top of a drink, so that the liquid arrives slowly, sideways and without any downward momentum, you’ll get a separate layer which will remain perched on top. If you mess up the pouring, or stir or shake the drink, everything will just mix together, showing that in principle there’s no reason why the layers can’t mix. But they don’t, because mixing requires extra energy, and if there’s no source of energy they’ll stay separate.

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Blue Machine (Helen Czerski)

- Your Highlight on page 152 | location 2414-2420 | Added on Friday, 2 February 2024 21:53:36

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Blue Machine (Helen Czerski)

- Your Highlight on page 161 | location 2535-2536 | Added on Friday, 2 February 2024 22:08:31

The inner, deeper ocean waltzes at a different tempo from the surface layer, and it may be hundreds of years before this water touches the atmosphere again.

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Blue Machine (Helen Czerski)

- Your Highlight on page 170 | location 2662-2666 | Added on Saturday, 3 February 2024 10:45:16

As the copepod rises and falls each day, it’s playing its part in a critical feature of the ocean system: a gigantic slow leak. The surface layer keeps hold of most of its nutrients, to be recycled as cells live and die. But there is a continual slow seepage downwards, known as the biological pump. Once biological material has fallen out of the warm surface layer and is digested in the deep water, those nutrients join the deep water, and there is no way back.

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Blue Machine (Helen Czerski)

- Your Highlight on page 177 | location 2749-2753 | Added on Saturday, 3 February 2024 11:05:35

It’s astonishing to follow the path of that energy, because it’s almost completely outside the energy flows we generally think about on Earth. The energy started off in the Earth–moon orbit, stored in their rotating dance. As the tides move, they drag on the Earth, leaching energy away from the orbital system so that the Earth’s rotation slows by about 17 milliseconds each year, and the moon gets about 4 centimetres further away every year. This reduces the amount of energy in the Earth–moon system and provides the source of energy to move the tides.

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Blue Machine (Helen Czerski)

- Your Highlight on page 178 | location 2762-2771 | Added on Saturday, 3 February 2024 11:08:14

Internal waves are the vehicle for a large fraction of all the energy that mixes the ocean up, and most of the rest is provided by wind and storms mixing and moving the surface waters, near-surface obstacles like islands forcing deeper waters upwards, and friction from currents generating turbulence at the bottom. But ocean mixing is uneven: more of it happens in some places than in others, and this is part of what gives the ocean its character. Most importantly, the total amount of energy available from the tides is nowhere near enough to mix the entire ocean up so that it’s completely uniform, and so the ocean we see today reflects a balance between mixing and separation, segregated enough to have a distinctive characteristic pattern, but with enough mixing to keep things interesting. The majority of the ocean has strong layers, keeping nutrients and sunlight separate so that much of the ocean is close to being desert. Mixing from internal waves doesn’t often affect the surface layers enough to change that – they make a difference at coastlines and near islands, but most of their mixing effect is in the deeper ocean layers, preventing the stratification from getting too extreme.

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Blue Machine (Helen Czerski)

- Your Highlight on page 179 | location 2781-2784 | Added on Saturday, 3 February 2024 11:12:47

Ocean water is far more dense than air – a cubic metre of air has a mass of only 1.2 kilograms, whereas a cubic metre of seawater has a mass of around 1,028 kilograms. So it takes much more force to get water moving, and once it is moving it’s much harder to get it to stop.fn21 But a force is a force, and when wind blows for miles over the vast

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Blue Machine (Helen Czerski)

- Your Highlight on page 179 | location 2781-2784 | Added on Saturday, 3 February 2024 11:12:56

Ocean water is far more dense than air – a cubic metre of air has a mass of only 1.2 kilograms, whereas a cubic metre of seawater has a mass of around 1,028 kilograms. So it takes much more force to get water moving, and once it is moving it’s much harder to get it to stop.

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Blue Machine (Helen Czerski)

- Your Highlight on page 183 | location 2830-2834 | Added on Saturday, 3 February 2024 11:18:58

So, you may say, doesn’t the Coriolis Effect mean that all the water in the carousel would turn to the right and inwards towards the centre, making water pile up in the middle? It’s not an unreasonable thought – and in fact this really is what happens. There is a hill made of water in the middle of the Atlantic Ocean. It’s just under a metre high – we can measure it from satellites. But it doesn’t keep growing indefinitely because, given the chance, water will run downhill.

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Blue Machine (Helen Czerski)

- Your Highlight on page 189 | location 2914-2917 | Added on Sunday, 4 February 2024 13:30:38

The expansive Indian Ocean sounds like the perfect place for an ocean gyre, but gyres can’t straddle the equator, because the effect of the Earth’s spin switches direction as you cross it. That makes the northern Indian Ocean different from the northern Pacific and northern Atlantic; there isn’t enough space between equator and the land for an ocean gyre to turn. Winds can still push on the waves to generate surface currents, but the ocean engine has to respond in a different way, particularly because the winds do something unusual: they switch direction.

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Blue Machine (Helen Czerski)

- Your Highlight on page 196 | location 3021-3023 | Added on Sunday, 4 February 2024 13:54:04

ocean from the South Pole you need to trek 1,300 kilometres, and even though the land at the South Pole itself is only just above sea level, it’s covered by ice that is 2,700 metres deep.

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Blue Machine (Helen Czerski)

- Your Highlight on page 198 | location 3044-3046 | Added on Sunday, 4 February 2024 13:59:04

Whatever energy gets up to on Earth – being taken up by plants in photosynthesis, keeping rivers and streams running, or helping you lift weights in the gym – it will almost all eventually end up as low-grade heat energy which leaches away invisibly into space as infrared light.

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Blue Machine (Helen Czerski)

- Your Highlight on page 198 | location 3044-3049 | Added on Sunday, 4 February 2024 14:00:17

Whatever energy gets up to on Earth – being taken up by plants in photosynthesis, keeping rivers and streams running, or helping you lift weights in the gym – it will almost all eventually end up as low-grade heat energy which leaches away invisibly into space as infrared light. If you want to understand the overall energy budget of the Earth, the income – energy arriving from the sun – is relatively straightforward. But the outgoings – the invisible infrared energy seeping away from everywhere – is where all the subtlety lies. The Arctic and Antarctic make a significant difference to the energy flow out of this plughole, and this makes them critical valves in our planetary

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Blue Machine (Helen Czerski)

- Your Highlight on page 198 | location 3044-3049 | Added on Sunday, 4 February 2024 14:00:31

Whatever energy gets up to on Earth – being taken up by plants in photosynthesis, keeping rivers and streams running, or helping you lift weights in the gym – it will almost all eventually end up as low-grade heat energy which leaches away invisibly into space as infrared light. If you want to understand the overall energy budget of the Earth, the income – energy arriving from the sun – is relatively straightforward. But the outgoings – the invisible infrared energy seeping away from everywhere – is where all the subtlety lies. The Arctic and Antarctic make a significant difference to the energy flow out of this plughole, and this makes them critical valves in our planetary life

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Blue Machine (Helen Czerski)

- Your Highlight on page 198 | location 3044-3049 | Added on Sunday, 4 February 2024 14:00:37

Whatever energy gets up to on Earth – being taken up by plants in photosynthesis, keeping rivers and streams running, or helping you lift weights in the gym – it will almost all eventually end up as low-grade heat energy which leaches away invisibly into space as infrared light. If you want to understand the overall energy budget of the Earth, the income – energy arriving from the sun – is relatively straightforward. But the outgoings – the invisible infrared energy seeping away from everywhere – is where all the subtlety lies. The Arctic and Antarctic make a significant difference to the energy flow out of this plughole, and this makes them critical valves in our planetary life-support system. Up here, longwave is most definitely king.

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Blue Machine (Helen Czerski)

- Your Highlight on page 199 | location 3063-3067 | Added on Sunday, 4 February 2024 14:03:35

there’s an important pattern in energy’s arrival on and departure from Earth. The regions close to the equator are places of net energy gain, and the top and bottom of the planet are places of net energy loss.fn37 The consequence is that the entire ocean engine, assisted by the atmosphere, is constantly moving heat energy from the equator towards the poles, before the surplus flows away into the universe as infrared light.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 93 | location 1626-1627 | Added on Sunday, 11 February 2024 09:18:25

Half the point of traveling alone is that you get so lonely you need to talk to other people.”

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 93 | location 1632-1632 | Added on Sunday, 11 February 2024 09:18:49

Ultimately, traveling solo is less about risking loneliness than embracing solitude—which is a more dynamic way of being alone.

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Blue Machine (Helen Czerski)

- Your Highlight on page 213 | location 3214-3217 | Added on Monday, 12 February 2024 19:50:47

Bleeding underwater didn’t bother me that much, but the blood itself was startling: a darkish green plume leaking out of my skin, with wisps that twisted and turned as they mixed into the water around them. I wondered whether I had temporarily turned into the Wicked Witch of the West. But beneath 10 metres of ocean, all of us would bleed green.

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Blue Machine (Helen Czerski)

- Your Highlight on page 215 | location 3239-3243 | Added on Monday, 12 February 2024 19:58:28

The energy in the light doesn’t vanish when the light is absorbed. Energy is always conserved, and the energy carried by the sunlight has just been converted into another form to continue its journey through our planetary system. In this case, whenever visible light is absorbed by water, that energy is converted into heat. This is what heats the tropical oceans, keeping the surface waters nice and warm. If the physics of water worked differently, and all the colours streamed through its vast depths untouched, as they do through the atmosphere, the ocean surface would be far, far colder.

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Blue Machine (Helen Czerski)

- Your Highlight on page 215 | location 3251-3255 | Added on Monday, 12 February 2024 20:00:38

Water is basically opaque to almost all light. The colours of the rainbow and some ultra-violet light are the exceptions to the rule, even though, as we have seen, water hoovers them up very quickly. Outside this narrow spectral window, light is devoured before it’s gone anywhere at all. This is why you can’t get phone or radio signals underwater, why submarines can’t navigate using GPS (which relies on signals from satellites that don’t penetrate to any useful depth) unless they’re at the surface, and why you can’t use laser rangefinders to measure the shape of the sea floor.

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Blue Machine (Helen Czerski)

- Your Highlight on page 221 | location 3325-3326 | Added on Monday, 12 February 2024 20:39:03

The colour of water Our society has agreed on the unspoken convention that water is blue, even though it mostly isn’t.

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Blue Machine (Helen Czerski)

- Your Highlight on page 221 | location 3330-3331 | Added on Monday, 12 February 2024 20:47:04

Blue really is the true colour of water; but it’s only apparent when you have very

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Blue Machine (Helen Czerski)

- Your Highlight on page 221 | location 3330-3331 | Added on Monday, 12 February 2024 20:47:09

Blue really is the true colour of water; but it’s only apparent when you have very large quantities to look at.

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Blue Machine (Helen Czerski)

- Your Highlight on page 221 | location 3332-3333 | Added on Monday, 12 February 2024 20:51:30

If sunlight hit the ocean and then simply travelled downwards until it was absorbed, the ocean would look black, because

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Blue Machine (Helen Czerski)

- Your Highlight on page 221 | location 3332-3333 | Added on Monday, 12 February 2024 20:51:35

certainly are blue, and the absorption of red light alone can’t explain this. If sunlight hit the ocean and then simply travelled downwards until it was absorbed, the ocean would look black, because no light would ever come back out from it to reach your eyes.

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Blue Machine (Helen Czerski)

- Your Highlight on page 221 | location 3332-3333 | Added on Monday, 12 February 2024 20:51:42

If sunlight hit the ocean and then simply travelled downwards until it was absorbed, the ocean would look black, because no light would ever come back out from it to reach your eyes.

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Blue Machine (Helen Czerski)

- Your Highlight on page 223 | location 3352-3353 | Added on Monday, 12 February 2024 20:56:00

This is the effect of scattering in the ocean: the water itself hides ocean citizens from one another by diverting and muddling the light, letting no ray travel directly from one distant whale or fish or jellyfish to another.

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Blue Machine (Helen Czerski)

- Your Highlight on page 225 | location 3375-3381 | Added on Monday, 12 February 2024 21:03:21

The outcome of all this is that ocean water and light have a strange relationship. Light is critically important for the ocean engine, since it provides almost all the energy needed for that engine to turn. But that energy is only injected into the ocean when the light itself is extinguished. Surveying a grand vista of the ocean depths would be amazing, but any ocean where that was possible would be a poor sight for spectators, because it would have no way of absorbing light energy to fuel interesting characteristics. It’s the catch-22 of the ocean: to really see the beauty and richness of the engine, you would need to turn the light absorption off. But if you did turn it off and light could flow freely through the blue machine, there would be no energy entering the system to fuel the beauty and richness of the engine. The cost of the beauty is not being able to see it.

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Blue Machine (Helen Czerski)

- Your Highlight on page 280 | location 4144-4148 | Added on Tuesday, 13 February 2024 15:52:54

In a healthy ocean, this relationship of a fixed mass for every size category also carries on up to the largest whales, covering a total of twenty-three orders of magnitude in size. The top of the largest size category is a trillion trillion times as large as the bottom of the smallest category. It’s hard to get your head around these numbers, but one way of looking at it is that with the best will in the world (and without a microscope), we humans are incapable of even seeing 61 per cent of ocean biomass.

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Blue Machine (Helen Czerski)

- Your Highlight on page 282 | location 4160-4163 | Added on Tuesday, 13 February 2024 15:54:54

Even the market itself, the place where you can at least appreciate that fish has to come from somewhere other than a supermarket shelf, is being pushed to the periphery. When Billingsgate fish market was formally established by Act of Parliament in 1699, it was on the site of the city’s original water gate, the place that connected the citizens of London to the goods from the rest of the world. Until 1982, the market was housed in a grand Victorian building on the original site;

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Blue Machine (Helen Czerski)

- Your Highlight on page 295 | location 4344-4347 | Added on Tuesday, 13 February 2024 16:13:29

I am no artist, but one of my favourite photos of myself shows me standing in front of a blackboard, drawing with a piece of chalk. At the bottom of the blackboard is a printout of the photo I’m copying, an image of a stunning phytoplankton cell called a coccolithophore. The original coccolithophore was only perhaps 30 microns across,

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Blue Machine (Helen Czerski)

- Your Highlight on page 295 | location 4348-4362 | Added on Tuesday, 13 February 2024 16:13:57

The chalk had been lent to me by the Royal Institution of Great Britain, and it was a real piece of the White Cliffs of Dover, which had arrived in their stores decades before collecting fragments of this national symbol was discouraged. What excites me about this photo is the beautiful circularity of the event: I’m drawing this coccolithophore with coccolithophores. Because that’s what the chalk is. Around 100 million years ago, great blooms of these armoured phytoplankton multiplied in shallow seas, each sucking in the sun’s energy and using it to gather all the elements of life from its surroundings in order to build its cluster of tiny hard shields and everything alive on the inside. The blooms grew so rapidly that the biological recycling mechanism couldn’t keep up – grazers couldn’t grow fast enough to eat all of the sudden bounty. And so many of the dying and dead cells became diverted passengers, escaping the surface waters by drifting slowly downwards, and accumulating on the seabed over millions of years to form a layer of tiny delicate coccolithophore fragments more than 100 metres thick. As the aeons passed, these were compressed by the increasing weight of the layers above, squeezed together into the soft crumbly rock that we know as chalk. Once the land and the seas had shifted to bring these layers back to the surface, in places like the coast of southern England, humans picked the chalk up, and later dug it up because it was so useful. I love the idea that for centuries, classrooms have been a place where ideas and knowledge – language, mathematics, history, geography and science – were passed on to the next generation with the help of tiny ancient ocean life.fn26

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Blue Machine (Helen Czerski)

- Your Highlight on page 297 | location 4380-4388 | Added on Tuesday, 13 February 2024 16:18:08

The tiny coccolithophores scavenge calcium atom by atom, as they build their beautiful platelets. Each coccolithophore spends its existence as a minuscule ball surrounded by a calcium carbonate shield, a concentrated speck of calcium-rich life drifting in a vast ocean.fn29 But these passengers grow and drift in their trillions, tiny biological machines that are copied again and again and again. The calcium carbonate is heavy, making it more likely that the fragments will sink once the phytoplankton dies. And then, if the conditions are right, these fragments accumulate on the sea floor together, forming calcium-rich rocks like limestone.fn30 The route from dilute to concentrated has been organized by trillions of tiny sea creatures, entirely by accident, each one only keeping itself ticking along.

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Blue Machine (Helen Czerski)

- Your Highlight on page 298 | location 4395-4396 | Added on Tuesday, 13 February 2024 16:18:55

Today, concrete is the second most widely used resource in the world, after water,

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Blue Machine (Helen Czerski)

- Your Highlight on page 299 | location 4401-4404 | Added on Tuesday, 13 February 2024 16:20:15

Concrete is only easy to make because ocean life has already done all the hard work of gathering and concentrating the calcium for us. The critical ingredient in cement is calcium oxide, or lime, which we get from limestone. And limestone only exists because tiny sea creatures collected that calcium, bit by bit, to build themselves from the sparse resources around them.

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Blue Machine (Helen Czerski)

- Your Highlight on page 303 | location 4453-4455 | Added on Tuesday, 13 February 2024 19:42:32

It’s so keen to react to form molecules that free carbon is relatively rare in nature, and so this element is most commonly found in an embrace with oxygen, in a form which we know as carbon dioxide.

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Blue Machine (Helen Czerski)

- Your Highlight on page 364 | location 5276-5281 | Added on Tuesday, 13 February 2024 22:14:04

The consequence is that the Earth now has an energy imbalance, because more energy is coming in than is going out. We can measure this imbalance – on average, it’s about 0.3 per cent of the total energy budget, equivalent to a continuous flow of around 500 terawatts, half a million billion joules every second. This is fundamentally what climate change is: the slow accumulation of extra energy in the Earth’s system. And where is it going? The answer is clear and indubitable: into the ocean. More than 90 per cent of all the additional energy accumulating on Earth because of human changes to the climate system has ended up in the ocean as heat.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 104 | location 1822-1823 | Added on Thursday, 22 February 2024 21:57:44

and do; they become a tool that helps us navigate the experience. “Travel becomes a strategy for accumulating photographs,” Sontag wrote. “The very activity of taking pictures is soothing, and assuages general feelings

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 104 | location 1822-1824 | Added on Thursday, 22 February 2024 21:57:49

“Travel becomes a strategy for accumulating photographs,” Sontag wrote. “The very activity of taking pictures is soothing, and assuages general feelings of disorientation that are likely to be exacerbated by travel.”

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 115 | location 2017-2022 | Added on Monday, 4 March 2024 09:00:02

Though modern tourists are not likely to travel with servants and dice tables, stuffing one’s luggage with the arbitrary comforts of home is still one of the surest ways to make a journey more cumbersome and less serendipitous. As the Thai Buddhist monk Ajahn Buddhadasa observed in an interview just before his death in 1993, travel can be a life-altering endeavor for the very reason that it introduces you to places where nothing belongs to you. “When you’re at home, surrounded by your possessions, you’re weighed down,” he said. “Away from home, you come to understand how unimportant those possessions really are.”

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 37 | location 458-460 | Added on Monday, 4 March 2024 11:14:49

Anyone who wishes to understand what makes an Islamic society needs to relish this. Muhammad was not interested in temporal power but wished to teach how all should behave – as individuals to their family, as well as to their neighbours – and how they should struggle to embrace

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 37 | location 458-461 | Added on Monday, 4 March 2024 11:14:53

Anyone who wishes to understand what makes an Islamic society needs to relish this. Muhammad was not interested in temporal power but wished to teach how all should behave – as individuals to their family, as well as to their neighbours – and how they should struggle to embrace a wider community which includes the old, the poor and the lost.

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 38 | location 463-469 | Added on Monday, 4 March 2024 11:15:57

But while a Muslim leader is recognised as the moral guiding force of society, he does not have to exercise day-to-day control. This made it very easy for Islam to spread its influence across new frontiers. A teacher of the moral truths of the Koran – the imam who leads the daily prayers, or a sheikh – can be welcomed into any self-governing community. The Imam will explain how a good Muslim should live his life. But the old chieftains and power-brokers can keep their place in their society, providing that they can be seen to be upholding the moral guidance of this Islamic leader or teacher. In return, they will give him their military protection and make certain that he is respected as a judge of the last instance. All those messy and often dirty details of running a state can remain with the old bosses. Islam

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 38 | location 463-468 | Added on Monday, 4 March 2024 11:16:13

But while a Muslim leader is recognised as the moral guiding force of society, he does not have to exercise day-to-day control. This made it very easy for Islam to spread its influence across new frontiers. A teacher of the moral truths of the Koran – the imam who leads the daily prayers, or a sheikh – can be welcomed into any self-governing community. The Imam will explain how a good Muslim should live his life. But the old chieftains and power-brokers can keep their place in their society, providing that they can be seen to be upholding the moral guidance of this Islamic leader or teacher. In return, they will give him their military protection and make certain that he is respected as a judge of the last instance. All those messy and often dirty

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 38 | location 463-469 | Added on Monday, 4 March 2024 11:16:22

But while a Muslim leader is recognised as the moral guiding force of society, he does not have to exercise day-to-day control. This made it very easy for Islam to spread its influence across new frontiers. A teacher of the moral truths of the Koran – the imam who leads the daily prayers, or a sheikh – can be welcomed into any self-governing community. The Imam will explain how a good Muslim should live his life. But the old chieftains and power-brokers can keep their place in their society, providing that they can be seen to be upholding the moral guidance of this Islamic leader or teacher. In return, they will give him their military protection and make certain that he is respected as a judge of the last instance. All those messy and often dirty details of running a state can remain with the old bosses. Islam has never been very interested in the precise detail

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 38 | location 463-468 | Added on Monday, 4 March 2024 11:16:32

But while a Muslim leader is recognised as the moral guiding force of society, he does not have to exercise day-to-day control. This made it very easy for Islam to spread its influence across new frontiers. A teacher of the moral truths of the Koran – the imam who leads the daily prayers, or a sheikh – can be welcomed into any self-governing community. The Imam will explain how a good Muslim should live his life. But the old chieftains and power-brokers can keep their place in their society, providing that they can be seen to be upholding the moral guidance of this Islamic leader or teacher. In return, they will give him their military protection and make certain that he is respected as a judge of the last instance. All those messy and often

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 38 | location 463-469 | Added on Monday, 4 March 2024 11:16:38

But while a Muslim leader is recognised as the moral guiding force of society, he does not have to exercise day-to-day control. This made it very easy for Islam to spread its influence across new frontiers. A teacher of the moral truths of the Koran – the imam who leads the daily prayers, or a sheikh – can be welcomed into any self-governing community. The Imam will explain how a good Muslim should live his life. But the old chieftains and power-brokers can keep their place in their society, providing that they can be seen to be upholding the moral guidance of this Islamic leader or teacher. In return, they will give him their military protection and make certain that he is respected as a judge of the last instance. All those messy and often dirty details of running a state can remain with the old bosses.

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 47 | location 584-585 | Added on Monday, 4 March 2024 11:32:04

Your kunya – your name – was formed by who you were the son of (ibn) and father of (abu).

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 51 | location 641-641 | Added on Monday, 4 March 2024 11:47:56

Shia is short for ‘Shiatu Ali’, literally ‘Partisans for Ali’.

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 204 | location 2590-2591 | Added on Tuesday, 5 March 2024 17:23:03

in primary schools looked like a reactionary decision imposed by the

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The House Divided - Barnaby Rogerson (Barnaby Rogerson)

- Your Highlight on page 275 | location 3528-3531 | Added on Tuesday, 5 March 2024 20:53:36

The 1980 Iraqi invasion of Iran through Khuzestan (in order to seize control of the east bank of the Shatt al-Arab and some useful oil fields) got the support of most of the world, including Saudi Arabia, the Gulf States and the US. Yet the 1990 Iraqi invasion of Kuwait (in order to seize control of the western side of the Shatt al-Arab and some useful oil fields) incited the opposition of those same powers, leading the US and its European allies to launch the First Gulf War.

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Dirty Money Financial Crime in Canada

- Your Bookmark on page iv | Added on Sunday, 10 March 2024 21:36:46

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Dirty Money Financial Crime in Canada

- Your Highlight on page 4-4 | Added on Sunday, 10 March 2024 21:43:18

Hampering fnancial crime deters real crime. The more expensive it is to launder money, the less proftable real crime becomes.

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Dirty Money Financial Crime in Canada

- Your Highlight on page 5-5 | Added on Sunday, 10 March 2024 21:49:38

The global illicit economy is estimated to account for about US$2.2 trillion, or 3.6 percent of the global GDP per year (World Economic Forum 2015)

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Dirty Money Financial Crime in Canada

- Your Highlight on page 30-30 | Added on Monday, 11 March 2024 18:27:06

Some forms of organized crime are quite complex; however, complexity can also lead to managerial diffculties for the syndicates and is not necessarily the preferred option. The ideal criminal enterprise is one that produces high value with low risk.

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Dirty Money Financial Crime in Canada

- Your Highlight on page 31-31 | Added on Monday, 11 March 2024 18:37:35

Most crime is committed for proft, and all but simple street crime will require that the proceeds of illegality be disguised in some fashion to allow the perpetrator to “clean” his or her dirty money. Money laundering is the term used to describe this process

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Dirty Money Financial Crime in Canada

- Your Highlight on page 34-34 | Added on Monday, 11 March 2024 18:46:32

Often the cash generated by drug sales will weigh more than the drugs it purchased. Depositing large sums of cash, particularly in denominations of $20, is diffcult to do without raising suspicion

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Dirty Money Financial Crime in Canada

- Your Highlight on page 64-64 | Added on Monday, 11 March 2024 19:44:04

Ouellet, Valérie. 2017. “More Than 3,000 Canadian Names in the Paradise Papers.” CBC, November 6. https://www.cbc.ca/news/business/paradise-papers-canada-connection-1.4386126. The National. 2013. “Merchant of Secrecy Broadcast.” CBC, April 2. https:// www.cbc.ca

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 69 | Added on Monday, 11 March 2024 21:02:13

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 92 | Added on Monday, 11 March 2024 21:27:39

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 111 | Added on Monday, 11 March 2024 21:29:16

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 92 | Added on Monday, 11 March 2024 21:29:51

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 112 | Added on Monday, 11 March 2024 21:30:35

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 94 | Added on Monday, 11 March 2024 21:32:33

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 100 | Added on Monday, 11 March 2024 21:39:23

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 113 | Added on Monday, 11 March 2024 21:40:17

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 102 | Added on Monday, 11 March 2024 21:43:06

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 114 | Added on Monday, 11 March 2024 21:45:04

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 104 | Added on Monday, 11 March 2024 21:47:02

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 117 | Added on Monday, 11 March 2024 21:48:39

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 137 | Added on Tuesday, 12 March 2024 20:24:21

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 150 | Added on Tuesday, 12 March 2024 20:25:14

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 140 | Added on Tuesday, 12 March 2024 20:27:02

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 124 | location 2178-2178 | Added on Wednesday, 13 March 2024 10:02:47

“It isn’t the mountain ahead that wears you out—it’s the grain of sand in your shoe.”

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 207 | Added on Wednesday, 13 March 2024 10:48:00

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 178 | Added on Wednesday, 13 March 2024 10:48:53

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 208 | Added on Wednesday, 13 March 2024 10:50:49

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 179 | Added on Wednesday, 13 March 2024 10:52:08

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 209 | Added on Wednesday, 13 March 2024 10:53:09

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 182 | Added on Wednesday, 13 March 2024 10:57:16

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 184 | Added on Wednesday, 13 March 2024 11:00:42

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 210 | Added on Wednesday, 13 March 2024 11:02:42

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 192 | Added on Wednesday, 13 March 2024 11:10:53

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 211 | Added on Wednesday, 13 March 2024 11:11:22

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 198 | Added on Wednesday, 13 March 2024 11:15:56

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 212 | Added on Wednesday, 13 March 2024 11:16:53

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 204 | Added on Wednesday, 13 March 2024 11:21:57

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 213 | Added on Wednesday, 13 March 2024 11:27:27

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 130 | location 2232-2234 | Added on Saturday, 16 March 2024 10:05:17

“Meaningful experiences don’t typically happen in tourist zones and backpacker hot spots,” wrote Lavinia Spalding in her 2009 book Writing Away. “They’re found in barbershops, classrooms, markets, hospitals, playgrounds, remote villages, and hole-in-the-wall kitchens. You’ll find them by taking risks and getting involved.”

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 131 | location 2249-2251 | Added on Sunday, 17 March 2024 13:58:31

As Paul Theroux pointed out in Ghost Train to the Eastern Star, “Most travel, and certainly the rewarding kind, involves depending on the kindness of strangers—putting yourself into the hands of people you don’t know, and trusting them with your life.”

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 240 | Added on Sunday, 17 March 2024 18:24:11

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 269 | Added on Sunday, 17 March 2024 18:24:38

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 252 | Added on Sunday, 17 March 2024 18:39:31

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 371 | Added on Monday, 18 March 2024 07:12:09

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 382 | Added on Monday, 18 March 2024 07:12:51

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Dirty Money Financial Crime in Canada

- Your Bookmark on page 372 | Added on Monday, 18 March 2024 07:14:42

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The Hidden Wealth of Nations -The Scourge of Tax Havens (Gabriel Zucman)

- Your Bookmark on page 4 | location 15 | Added on Monday, 18 March 2024 21:26:20

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 134 | location 2296-2297 | Added on Wednesday, 20 March 2024 10:04:22

The tourist trade, he added sourly, fills entire neighborhoods “with museums and sandwich bars, antique ruins and luxury boutiques…‘entertainment

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 134 | location 2293-2297 | Added on Wednesday, 20 March 2024 10:04:29

In his 2021 book The World in a Selfie, Italian theorist Marco D’Eramo expressed frustration at how tourist popularity had transformed parts of Paris and Rome into places that belonged as much to visitors as to the people who lived there. “Hospitality workers are usually the people tourists most frequently come into contact with, and in some cases, the only people they come into contact with,” he wrote. The tourist trade, he added sourly, fills entire neighborhoods “with museums and sandwich bars, antique ruins and luxury boutiques…‘entertainment districts’ where no one actually enjoys themselves.”

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 144 | location 2465-2466 | Added on Saturday, 30 March 2024 21:21:15

DON’T ASK A LOCAL PERSON WHERE TO EAT; ASK WHERE HE OR SHE EATS

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 145 | location 2488-2493 | Added on Sunday, 31 March 2024 13:59:59

William Finnegan pondered what local villagers must have made of the bedraggled backpackers who visited the Sumatran island of Nias in the 1970s. “Here was a large, awkward member of the global ruling elite who had probably spent more in an air-travel day than anyone on Nias could make in a year of hard work,” he wrote, “all for the pleasure of leaving an unimaginably rich, clean place for this desperately poor, unhealthy place.” Whereas the backpackers took great efforts to distinguish themselves from commercial tourists, Finnegan added, locals saw them as just another group of well-heeled outsiders who, frustratingly, were less inclined to spend money there.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 11 | location 202-206 | Added on Monday, 1 April 2024 16:34:34

Imagine yourself clinging, like a character in a spy thriller, to the roof of a bullet train hurtling along at 150 miles per hour. Your situation is extremely precarious. As you are dragged along, the air resists your passage, and a hurricane-force wind threatens to push you off the back of the train. Your hair flies around wildly as you hang on for dear life. And yet, as you read the opening words of this book, you may well have forgotten that you are sailing across the cosmos at 150 miles per second.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 26 | location 398-401 | Added on Monday, 1 April 2024 17:13:51

Specifically, suppose you are in a closed room and can’t look outside. Then it is impossible, by pure feel or by any scientific measurement, to distinguish being in smooth and steady motion from being perfectly stationary. Nor can you figure out how fast you might be moving or in what direction. It cannot be done. Period. This is the principle of relativity, or at least its most elemental,

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 26 | location 398-400 | Added on Monday, 1 April 2024 17:13:56

Specifically, suppose you are in a closed room and can’t look outside. Then it is impossible, by pure feel or by any scientific measurement, to distinguish being in smooth and steady motion from being perfectly stationary. Nor can you figure out how fast you might be moving or in what direction. It cannot be done. Period.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 28 | location 425-425 | Added on Monday, 1 April 2024 17:16:28

Although the relativity principle is easily stated in a few words—steady motion is undetectable—

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 31 | location 469-471 | Added on Monday, 1 April 2024 17:21:44

More generally, two people at the same longitude but different latitudes travel at different speeds around the Earth, while two people at the same latitude but different longitudes travel around the Earth at the same speed but in different directions.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 61 | location 853-855 | Added on Tuesday, 2 April 2024 21:43:45

The wind blows and tries to toss you across the street. Your body resists this effort, but not because of its size or height, its thickness or chemical makeup, its age or temperature. It resists because of its mass.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 65 | location 909-911 | Added on Tuesday, 2 April 2024 21:52:47

the most important thing to remember is the following: matter is a substance out of which objects can be made, whereas mass and energy are properties of objects, not substances.

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Waves in an Impossible Sea (Matt Strassler)

- Your Note on page 65 | location 911 | Added on Tuesday, 2 April 2024 21:53:09

Mass vs Matter

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 65 | location 912-915 | Added on Tuesday, 2 April 2024 21:57:17

mass is the property that reflects how well an object can resist the power of the wind, the impact of a running child, or any other of the slings and arrows of existence that try to push it around. It’s one of many properties that your body has: height, thickness, shape, temperature, strength, age, and so on. In contrast to matter, none of these are substances; you can’t build objects out of height or age, and you can’t build them out of mass or out of energy, either.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 68 | location 942-945 | Added on Tuesday, 2 April 2024 22:07:08

Figure 7: The difficulty of holding an object against gravity’s pull (gray arrow) grows with its weight, while the difficulty of throwing an object horizontally (black arrow) grows with its mass. Out in deep space, the object would have no weight, but its mass would be the same; it would be as difficult to throw as ever.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 84 | location 1157-1166 | Added on Wednesday, 3 April 2024 10:32:31

But in this book, we will concentrate our attention on another crucial version of mass, called rest mass. Unlike the other forms of mass I’ve just mentioned, all of which are relative, an object’s rest mass is intrinsic to it and is thus perspective-independent. In particular, it depends neither on the motion of the object nor on the motion of anyone observing it, which is why it is sometimes called invariant mass. It’s essential in particle physics not only because the rest mass of a particle is one of its intrinsic properties but also because, as we’ll see, all particles of a specific type have exactly the same rest mass. Moreover, it’s rest mass that particles obtain from the Higgs field. In other words, the Higgs field is responsible for an intrinsic property of particles, not for a relative one. Rest mass is the intransigence exhibited by an object when it is pushed by someone who is initially stationary—“at rest,” in the dialect of physics—relative to that object. If you’re moving with respect to an object, nothing stops you from pushing it and seeing how its motion responds, but the intransigence you measure in that way won’t be the object’s rest mass. Only if the object is initially stationary from your perspective will your measurement

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 84 | location 1157-1167 | Added on Wednesday, 3 April 2024 10:32:41

But in this book, we will concentrate our attention on another crucial version of mass, called rest mass. Unlike the other forms of mass I’ve just mentioned, all of which are relative, an object’s rest mass is intrinsic to it and is thus perspective-independent. In particular, it depends neither on the motion of the object nor on the motion of anyone observing it, which is why it is sometimes called invariant mass. It’s essential in particle physics not only because the rest mass of a particle is one of its intrinsic properties but also because, as we’ll see, all particles of a specific type have exactly the same rest mass. Moreover, it’s rest mass that particles obtain from the Higgs field. In other words, the Higgs field is responsible for an intrinsic property of particles, not for a relative one. Rest mass is the intransigence exhibited by an object when it is pushed by someone who is initially stationary—“at rest,” in the dialect of physics—relative to that object. If you’re moving with respect to an object, nothing stops you from pushing it and seeing how its motion responds, but the intransigence you measure in that way won’t be the object’s rest mass. Only if the object is initially stationary from your perspective will your measurement of its intransigence be the same as its rest mass.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 93 | location 1263-1264 | Added on Wednesday, 3 April 2024 10:45:21

You and I are small, so we think light runs like a rabbit. But the universe is vast, and from its perspective, light creeps like a turtle.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 95 | location 1296-1298 | Added on Wednesday, 3 April 2024 10:51:07

Photons have zero rest mass, and the fact that they travel at c confirms it. But they have nonzero gravitational mass, which is why they are affected by gravity.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 143 | location 1953-1953 | Added on Thursday, 4 April 2024 06:13:07

rest mass is secretly internal energy,

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 148 | location 2023-2026 | Added on Thursday, 4 April 2024 06:23:45

By keeping the proton’s contents trapped and in rapid motion, the strong nuclear force both maintains the proton and bears responsibility for most of its rest mass. Only a small portion of the proton’s rest mass arises directly from the rest masses of the particles within. This gives us an explicit example of rest mass being gained. We start off with quarks and anti-quarks that have little rest mass and gluons that have none, and yet

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 148 | location 2023-2026 | Added on Thursday, 4 April 2024 06:23:50

By keeping the proton’s contents trapped and in rapid motion, the strong nuclear force both maintains the proton and bears responsibility for most of its rest mass. Only a small portion of the proton’s rest mass arises directly from the rest masses of the particles within. This gives us an explicit example of rest mass being gained. We start off with quarks and anti-quarks that have little rest mass and gluons that have none, and yet we end up with a proton or neutron that has considerably more.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 148 | location 2034-2039 | Added on Thursday, 4 April 2024 06:25:38

In fact, even if there were no Higgs field, so that quarks’ and anti-quarks’ rest masses were zero, protons’ and neutrons’ rest masses would still be substantial, hardly shifted from what they are today. In other words, protons with rest mass can be built entirely from particles that have none! This is possible whenever a trapping force is combined with the relativity formula. Once particles are imprisoned, their motion energy is trapped, too, and contributes to their prison’s rest mass even if they have no internal energy of their own.8 “An

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 148 | location 2033-2038 | Added on Thursday, 4 April 2024 06:25:44

mass through the efforts of the strong nuclear force.7 In fact, even if there were no Higgs field, so that quarks’ and anti-quarks’ rest masses were zero, protons’ and neutrons’ rest masses would still be substantial, hardly shifted from what they are today. In other words, protons with rest mass can be built entirely from particles that have none! This is possible whenever a trapping force is combined with the relativity formula. Once particles are imprisoned, their motion energy is trapped, too, and contributes to their prison’s rest mass even if they have no internal energy of their own.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 262 | location 3498-3506 | Added on Monday, 8 April 2024 23:02:02

The key thing to remember is that bosonic fields are free spirits, while fermionic fields are tightly restrained. The average value of a bosonic field can be zero or nonzero, and if nonzero can potentially be of any size. More generally, a bosonic field’s value at any specific location and time can be zero, small, or large. This is true of the wind, of course. Furthermore, the magnetic field around the Earth has a larger value close to the poles than it does near the equator, while the gravitational field is largest near the Earth’s surface and becomes smaller as one moves into deep space. Finally, the amplitudes of waves in bosonic fields can be large, as in a laser. But they can also be ultra-microscopically small, as for single photons. None of this variety is available to fermionic fields. Their waves can have only a microscopic amplitude, and their average values can only be zero. Even their values at specific locations can only be microscopic.

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Waves in an Impossible Sea (Matt Strassler)

- Your Bookmark on page 263 | location 3507 | Added on Monday, 8 April 2024 23:03:33

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 277 | location 3691-3692 | Added on Tuesday, 9 April 2024 12:38:44

So a wavicle behaves as a fundamentally and absolutely indivisible entity.

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 277 | location 3694-3695 | Added on Tuesday, 9 April 2024 12:39:48

Nothing you do in the universe can ever make a fraction of a photon.

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Waves in an Impossible Sea (Matt Strassler)

- Your Bookmark on page 286 | location 3798 | Added on Tuesday, 9 April 2024 15:05:28

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Waves in an Impossible Sea (Matt Strassler)

- Your Highlight on page 301 | location 4006-4009 | Added on Tuesday, 9 April 2024 15:31:28

The importance of these facts for human life cannot be overstated. If electrons weren’t identical, then each atom of oxygen would be different from every other, and our bodies would face a major quality-control problem with every breath. Badly damaged oxygen atoms might be useless or even dangerous to human health, and our bodies would have to filter them out.

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Fortune's Children: The Fall of the House of Vanderbilt (Arthur T. Vanderbilt, Ii)

- Your Highlight at location 882-883 | Added on Sunday, 21 April 2024 20:22:00

After his breakfast of six eggs, a lamb chop, toast, and a cup of tea with twelve lumps of sugar,

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Fortune's Children: The Fall of the House of Vanderbilt (Arthur T. Vanderbilt, Ii)

- Your Bookmark at location 1329 | Added on Sunday, 21 April 2024 21:38:58

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Fortune's Children: The Fall of the House of Vanderbilt (Arthur T. Vanderbilt, Ii)

- Your Highlight at location 1330-1332 | Added on Sunday, 21 April 2024 21:39:01

The detectives discovered that each day followed the same pattern, beginning at the Fifth Avenue Hotel right before noon when their quarry would go to the bar, meet some friends, and have a few drinks. In the afternoon the group would head to Broadway to the gambling

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Fortune's Children: The Fall of the House of Vanderbilt (Arthur T. Vanderbilt, Ii)

- Your Highlight at location 1653-1656 | Added on Sunday, 21 April 2024 22:12:15

“He isn’t worth a hundredth part as much as I am, but he has more of the real pleasures of life than I have. His house is as comfortable as mine, even if it didn’t cost so much; his team is about as good as mine; his opera box is next to mine; his health is better than mine, and he will probably outlive me. And he can trust his friends.”

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Fortune's Children: The Fall of the House of Vanderbilt (Arthur T. Vanderbilt, Ii)

- Your Highlight at location 4165-4166 | Added on Wednesday, 24 April 2024 07:25:18

husband could marry Queen Victoria. After Bill’s death from typhoid

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 172 | location 2958-2961 | Added on Saturday, 27 April 2024 10:12:42

To travel is to discover that everyone is wrong about other countries. —Aldous Huxley, Jesting Pilate: An Intellectual Holiday (1926)

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Fortune's Children: The Fall of the House of Vanderbilt (Arthur T. Vanderbilt, Ii)

- Your Highlight at location 5634-5639 | Added on Monday, 29 April 2024 21:32:22

Willie indeed had it all: good health, good looks, good friends, and good fun, and an ever-growing fortune that enabled him to do anything anyone could do. He also had the intelligence to perceive that perhaps having everything left a lot to be desired. On one of his trips back to the United States from his French stables, he talked with reporters in extraordinarily candid terms about what it meant to be rich. “My life was never destined to be quite happy,” he told them. “It was laid out along lines which I could not foresee, almost from earliest childhood. It has left me with nothing to hope for, with nothing definite to seek or strive for. Inherited wealth is a real handicap to happiness. It is as certain death to ambition as cocaine is to morality.”

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Fortune's Children: The Fall of the House of Vanderbilt (Arthur T. Vanderbilt, Ii)

- Your Highlight at location 6757-6757 | Added on Tuesday, 30 April 2024 20:08:58

Farm. At the front door, Gloria passed out. She had walking diphtheria.

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Fortune's Children: The Fall of the House of Vanderbilt (Arthur T. Vanderbilt, Ii)

- Your Bookmark at location 7864 | Added on Tuesday, 30 April 2024 21:55:19

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Fortune's Children: The Fall of the House of Vanderbilt (Arthur T. Vanderbilt, Ii)

- Your Highlight at location 8060-8061 | Added on Tuesday, 30 April 2024 22:14:17

“There is hardly a household left in America for a first-class butler…” Stanley Hudson, an English butler, once commented. “Why these days we’re even supposed to dust the furniture!”

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 10 | location 140-142 | Added on Sunday, 5 May 2024 22:10:47

Our Umwelt is still limited; it just doesn’t feel that way. To us, it feels all-encompassing. It is all that we know, and so we easily mistake it for all there is to know. This is an illusion, and one that every animal shares.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 12 | location 176-177 | Added on Sunday, 5 May 2024 22:15:18

The senses transform the coursing chaos of the world into perceptions and experiences—things we can react to and act upon. They allow biology to tame physics. They turn stimuli into information.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 20 | location 293-298 | Added on Sunday, 5 May 2024 22:27:49

The Umwelt concept can feel constrictive because it implies that every creature is trapped within the house of its senses. But to me, the idea is wonderfully expansive. It tells us that all is not as it seems and that everything we experience is but a filtered version of everything that we could experience. It reminds us that there is light in darkness, noise in silence, richness in nothingness. It hints at flickers of the unfamiliar in the familiar, of the extraordinary in the everyday, of magnificence in mundanity.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 27 | location 405-406 | Added on Monday, 6 May 2024 18:17:47

Unlike light, which always moves in a straight line, smells diffuse and seep, flood and swirl.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 27 | location 410-410 | Added on Monday, 6 May 2024 18:18:18

Smells linger in a way that light does not, revealing history.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 39 | location 596-597 | Added on Monday, 6 May 2024 18:38:28

Leafcutter ants are so sensitive to their trail pheromone that a milligram is enough to lay a path around the planet three times over.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 61 | location 931-933 | Added on Monday, 6 May 2024 19:44:09

(We tend to wrongly equate taste with flavor, when the latter is more dominated by smell. That’s why food seems bland when you have a cold: Its taste is the same, but the flavor dims because you can’t smell it.)

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 65 | location 989-994 | Added on Monday, 6 May 2024 19:50:43

What matters is that they are chemical sensors. They sit on the surface of cells, grabbing specific molecules that float past. Through their actions, cells can detect and react to the substances around them. This process is temporary: After the GPCRs are done, they either release or destroy the molecules that they’ve grabbed. But one group of them bucks this trend: opsins. They are special because they keep hold of their target molecules, and because those molecules absorb light. This is the entire basis of vision. This is how all animals see—using light-sensitive proteins that are actually modified chemical sensors. In a way, we see by smelling light.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 99 | location 1518-1519 | Added on Monday, 6 May 2024 21:35:03

Looking around, which is inextricable from our experience of vision, is actually an unusual activity, which animals do only when they have

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 99 | location 1517-1519 | Added on Monday, 6 May 2024 21:35:17

A cow can simultaneously see a farmer approaching it from the front, a collie walking up from behind, and the herdmates at its side. Looking around, which is inextricable from our experience of vision, is actually an unusual activity, which animals do only when they have restricted visual fields and narrow acute zones.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 127 | location 1933-1937 | Added on Tuesday, 7 May 2024 18:09:54

Whales have just one cone, too: To paraphrase the vision scientist Leo Peichl, for a blue whale, the ocean is not blue. Cone cells are unique to vertebrates, but other animals have wavelength-specific photoreceptors that play a similar role. Surprisingly, the cephalopods—octopuses, squid, and cuttlefish—have just one class of these, which means they are also monochromats.[\*2] They can rapidly change the colors

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 127 | location 1933-1940 | Added on Tuesday, 7 May 2024 18:10:03

Whales have just one cone, too: To paraphrase the vision scientist Leo Peichl, for a blue whale, the ocean is not blue. Cone cells are unique to vertebrates, but other animals have wavelength-specific photoreceptors that play a similar role. Surprisingly, the cephalopods—octopuses, squid, and cuttlefish—have just one class of these, which means they are also monochromats.[\*2] They can rapidly change the colors of their skin yet are unable to see their own shifting hues. The existence of so many monochromats hints at one of the most counterintuitive things about color vision: It isn’t necessary. Almost all the things that animals use their eyes for—navigating, foraging, communicating—can be done with shades of gray. What, then, is the point of seeing colors at all?

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 141 | location 2150-2151 | Added on Tuesday, 7 May 2024 18:57:57

Frustrating though it might be, most of us simply cannot imagine what many animals actually look like to each other, or how varied their sense of color can be.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 173 | location 2643-2643 | Added on Tuesday, 7 May 2024 20:14:02

Nociception is the sensory process by which we detect damage. Pain is the suffering that ensues.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 217 | location 3316-3318 | Added on Tuesday, 7 May 2024 20:53:34

The two processes are so different that hibernating ground squirrels actually incur sleep debt and must periodically rouse from inactivity and raise their body temperatures so they can get some actual sleep.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 202 | location 3088-3090 | Added on Tuesday, 7 May 2024 21:08:11

their true targets: forest fires. Arriving at a fire, the beetles have perhaps the most dramatic sex in the animal kingdom, mating as a forest burns around them. Later, the females lay their eggs on charred, cooled bark.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 281 | location 4299-4307 | Added on Friday, 10 May 2024 18:35:21

When a surface wave reaches the scorpion, the rising sand pushes against its feet. This compresses the slits by an infinitesimal amount, but enough to squeeze the membrane and cause the nerves to fire. By sensing the tiniest changes in its own exoskeleton, the scorpion can feel the steps of passing prey. The first time this happens, it shifts into its hunting stance. It raises its body, opens its pincers, and arranges its eight feet into a near-perfect circle. In this position, it can work out where surfaces waves are coming from by noting when those waves hit each of its feet. It turns and runs before pausing and waiting for another wave. When one arrives, it turns and runs again, getting closer to its target with each successive tremor. If its pincers collide with something, the scorpion seizes and stings. If it arrives at the source of the waves and can’t find anything, it knows that its prey is underground, and digs it out. Fittingly, these discoveries were earthshaking.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 307 | location 4697-4699 | Added on Saturday, 11 May 2024 20:40:58

you look at our fellow mammals and other vertebrates, you might be forgiven for thinking that hearing is invaluable. If you look at insects, you realize that it is decidedly optional.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 307 | location 4700-4701 | Added on Saturday, 11 May 2024 20:41:19

Hearing is specifically useful in that it offers fast, precise, long-range, and 24-hour information that allows animals to sense both rapidly moving prey and rapidly approaching threats.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 311 | location 4763-4776 | Added on Saturday, 11 May 2024 20:53:03

Picture, in your mind, an average frog. The túngara frog looks like that. It’s about the size of a quarter, with bumpy skin and drab, mossy colors. But what it lacks in visual flamboyance, it makes up for in acoustic flair. After sunset, the males inflate their huge vocal sacs and force air through voice boxes larger than their brains. The result is a short whine that falls in pitch, like a tiny, receding siren. After that, the male might add one or more short, staccato embellishments that are known as chucks. To some human ears, the combined call sounds like “tún-ga-ra”—hence the name. To Ryan, it resembles a sound effect from an old video game.[\*11] To a female frog, it sounds like an invitation. She’ll sit in front of various males, compare their whines and chucks, choose the most attractive-sounding specimen, and allow him to fertilize her eggs. Courting males might call 5,000 times in a single evening before they’re chosen. Ryan knows this because he spent 186 consecutive nights at Barro Colorado, recording the serenades and escapades of a thousand individually marked túngara frogs from dusk to dawn. It was a marathon of voyeurism, from which he learned one crucial fact: Chucks are very sexy. Females almost always go for males who embellish their whines with chucks over males who merely whine. The chucks are so desirable that if a male is reluctant to make them, a female will sometimes body-slam him until he does. Ryan

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 311 | location 4763-4776 | Added on Saturday, 11 May 2024 20:53:11

Picture, in your mind, an average frog. The túngara frog looks like that. It’s about the size of a quarter, with bumpy skin and drab, mossy colors. But what it lacks in visual flamboyance, it makes up for in acoustic flair. After sunset, the males inflate their huge vocal sacs and force air through voice boxes larger than their brains. The result is a short whine that falls in pitch, like a tiny, receding siren. After that, the male might add one or more short, staccato embellishments that are known as chucks. To some human ears, the combined call sounds like “tún-ga-ra”—hence the name. To Ryan, it resembles a sound effect from an old video game.[\*11] To a female frog, it sounds like an invitation. She’ll sit in front of various males, compare their whines and chucks, choose the most attractive-sounding specimen, and allow him to fertilize her eggs. Courting males might call 5,000 times in a single evening before they’re chosen. Ryan knows this because he spent 186 consecutive nights at Barro Colorado, recording the serenades and escapades of a thousand individually marked túngara frogs from dusk to dawn. It was a marathon of voyeurism, from which he learned one crucial fact: Chucks are very sexy. Females almost always go for males who embellish their whines with chucks over males who merely whine. The chucks are so desirable that if a male is reluctant to make them, a female will sometimes body-slam him until he does.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 352 | location 5395-5399 | Added on Sunday, 12 May 2024 12:51:31

Echolocation differs from the senses we have met so far, because it involves putting energy into the environment. Eyes scan, noses sniff, whiskers whisk, and fingers press, but these sense organs are always picking up stimuli that already exist in the wider world. By contrast, an echolocating bat creates the stimulus that it later detects. Without the call, there is no echo. As bat researcher James Simmons explained to me, echolocation is a way of tricking your surroundings into revealing themselves. A bat says, “Marco,” and its surroundings can’t help but say, “Polo.” The bat speaks, and a silent world shouts back.

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Immense World : How Animal Senses Reveal the Hidden Realms Around Us (9780593133248) (Yong, Ed)

- Your Highlight on page 489 | location 7491-7493 | Added on Sunday, 12 May 2024 22:49:40

Light at night, however, is a uniquely anthropogenic force. The daily and seasonal rhythms of bright and dark remained inviolate throughout all of evolutionary time—a 4-billion-year streak that began to falter in the nineteenth century.

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Sovietistan (Erika Fatland)

- Your Highlight at location 1661-1666 | Added on Monday, 13 May 2024 22:06:09

Why do we travel? Why do we put ourselves through all the discomfort that moving across great distances and staying in faraway, foreign lands usually entails? My theory is that nature has equipped us with deceitful, flawed memories. That is why we forever set off on new adventures. Once we are home again, the discomfort transforms itself into amusing anecdotes, or is forgotten. Memory is not linear, it is more like a diagram full of points – high points – and the rest is empty. Memory is also abstract. Seen from the future, past discomfort seems almost unreal, like a dream.

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Sovietistan (Erika Fatland)

- Your Highlight at location 1929-1939 | Added on Tuesday, 14 May 2024 19:18:52

In Kazakhstan, religious political parties are banned, and all religious groups are strictly monitored. “It only allows one wife, but no-one cares about that,” Jedige said. “The laws of Islam are more important than the president’s laws.” “What does your wife think about your plans?” “She was quite negative to begin with, because she wanted me to herself.” He grinned. “But now she’s more in favour. Lots of women are just pleased to get some help around the house.” “Can’t you help her?” Erkut and Jedige rolled their eyes at each other. “It’s the man’s job to bring in the money and to look after things outside the house, and it’s the woman’s job to look after the house and the children. My wife isn’t allowed to leave the house without my permission. The home is her domain,” Erkut explained. Jedige nodded. “My wife isn’t allowed to go out without my permission either. I’m shocked that your husband allows you to travel alone. Has he ever considered getting another wife? It would be more practical for you too. Then you’d have someone to help with making the food and cleaning the house.”

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Sovietistan (Erika Fatland)

- Your Highlight at location 1929-1942 | Added on Tuesday, 14 May 2024 19:22:17

In Kazakhstan, religious political parties are banned, and all religious groups are strictly monitored. “It only allows one wife, but no-one cares about that,” Jedige said. “The laws of Islam are more important than the president’s laws.” “What does your wife think about your plans?” “She was quite negative to begin with, because she wanted me to herself.” He grinned. “But now she’s more in favour. Lots of women are just pleased to get some help around the house.” “Can’t you help her?” Erkut and Jedige rolled their eyes at each other. “It’s the man’s job to bring in the money and to look after things outside the house, and it’s the woman’s job to look after the house and the children. My wife isn’t allowed to leave the house without my permission. The home is her domain,” Erkut explained. Jedige nodded. “My wife isn’t allowed to go out without my permission either. I’m shocked that your husband allows you to travel alone. Has he ever considered getting another wife? It would be more practical for you too. Then you’d have someone to help with making the food and cleaning the house.” “He has never expressed the desire to have a second wife,” I tell them. “No doubt he’s being polite. A man gets tired of his wife after a while, it’s in our nature. And anyway, the first wife makes more of an effort to be attractive and beautiful if she gets some competition.” Erkut gave a knowing smile, but said nothing. “He has already found a second wife,” Jedige said. “A ’93 model.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Bookmark on page 229 | location 3286 | Added on Monday, 20 May 2024 22:03:38

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Bookmark on page 231 | location 3319 | Added on Tuesday, 21 May 2024 20:35:15

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 52 | location 675-677 | Added on Tuesday, 21 May 2024 20:41:00

Next time you’re feeling like a task or project is particularly difficult, ask yourself, ‘What would it look like if I were really confident at this?’ Just by asking yourself the question, you’ll visualise yourself confidently approaching the task at hand. The switch has been flipped.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 69 | location 925-933 | Added on Tuesday, 21 May 2024 21:09:12

life and future into your own hands. There are three ways you can increase your sense of power, starting now. Begin with confidence. We think our confidence is fixed, but actually it’s extremely malleable. So why not try ‘flipping the confidence switch’ – and playing the role of someone who’s already filled with self-belief? Next, level up your skills. Ask yourself: if I were completely new to this task, what would this look like? And how can I start teaching others even though I’m not an expert yet? Finally, see what you can do to take ownership, even in moments when you don’t have as much control as you’d like. Remember, if you can’t choose what you work on, you can still choose how you work on it. The outcome isn’t always in your hands. But the process, and certainly your mindset, often is.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 69 | location 926-933 | Added on Tuesday, 21 May 2024 21:09:19

There are three ways you can increase your sense of power, starting now. Begin with confidence. We think our confidence is fixed, but actually it’s extremely malleable. So why not try ‘flipping the confidence switch’ – and playing the role of someone who’s already filled with self-belief? Next, level up your skills. Ask yourself: if I were completely new to this task, what would this look like? And how can I start teaching others even though I’m not an expert yet? Finally, see what you can do to take ownership, even in moments when you don’t have as much control as you’d like. Remember, if you can’t choose what you work on, you can still choose how you work on it. The outcome isn’t always in your hands. But the process, and certainly your mindset, often is.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Bookmark on page 234 | location 3372 | Added on Tuesday, 21 May 2024 21:52:31

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 106 | location 1468-1471 | Added on Tuesday, 21 May 2024 22:14:41

In 2009, researchers at Harvard, Northwestern, the University of Pennsylvania and the University of Arizona collaborated on a paper titled ‘Goals gone wild: the systematic side effects of overprescribing goal setting’. They describe goal-setting as an addictive and corrosive process, a ‘prescription-grade medication’ that shouldn’t be thought of as a ‘benign, over-the-counter treatment for motivation’.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Bookmark on page 108 | location 1505 | Added on Tuesday, 21 May 2024 22:17:30

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 114 | location 1594-1604 | Added on Tuesday, 21 May 2024 22:23:22

Level 2 is time-blocking most of your day. After you’ve had some practice with time-blocking individual tasks, you should start your morning by creating a time-block schedule for the entire day. Imagine waking up and planning your day like this: 7–8am is for exercise, 8–9am is for breakfast and family time, 9–11am is for intense work on your most important project, 11–11:30am is for emails, and so forth. You’re essentially turning your to-do list into a schedule. By allocating specific time slots for each task, you’re creating a clear plan for when and how your day’s work will get done. Finally comes level 3, time-blocking your ‘ideal week’. Here, you’re not just planning a single day; you’re planning the entire seven days ahead of you. Ensure that all aspects of your life get the attention they deserve. Identify all the things that are important to you: work, family, hobbies, exercise, relaxation, personal development, etc. Then, carve out specific times in your week for each of them. For instance, you might decide that every weekday from 6–7pm is dedicated to exercise, 7–8pm is family dinner time, and 8–9pm is for personal reading. Similarly,

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 114 | location 1594-1602 | Added on Tuesday, 21 May 2024 22:23:28

Level 2 is time-blocking most of your day. After you’ve had some practice with time-blocking individual tasks, you should start your morning by creating a time-block schedule for the entire day. Imagine waking up and planning your day like this: 7–8am is for exercise, 8–9am is for breakfast and family time, 9–11am is for intense work on your most important project, 11–11:30am is for emails, and so forth. You’re essentially turning your to-do list into a schedule. By allocating specific time slots for each task, you’re creating a clear plan for when and how your day’s work will get done. Finally comes level 3, time-blocking your ‘ideal week’. Here, you’re not just planning a single day; you’re planning the entire seven days ahead of you. Ensure that all aspects of your life get the attention they deserve. Identify all the things that are important to you: work, family, hobbies, exercise, relaxation, personal development, etc. Then,

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Bookmark on page 236 | location 3405 | Added on Tuesday, 21 May 2024 22:24:38

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 200 | location 3405-3408 | Added on Wednesday, 22 May 2024 09:27:56

One faintly absurd aspect of modern vacation travel is the fact that so many people from wealthy countries pay thousands of dollars (and travel thousands of miles) to pass their days soaking up the sun on resort beaches and luxury-hotel verandas. In this way, vacation travel becomes a weirdly complicated way of finding societal permission to do nothing for a few days.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 125 | location 1759-1783 | Added on Wednesday, 22 May 2024 10:07:46

Every potential failure has the potential to destroy our entire lives and define us forever. Take the following: You get rejected by someone you like. As a result, you decide that you’re not lovable and will spend your life alone. You don’t get hired for a job. As a result, you decide that you’re not employable by any company and will end up jobless and homeless. You fail your first driving test. As a result, you decide that you’re a bad driver and will never drive again. When you catch yourself catastrophising in this way, try to take a step back and look at the bigger picture. With the right toolkit, we can come to realise things aren’t as bad as they seem – and so the fear becomes less intense. The scientific name for this process is ‘cognitive reappraisal’: changing the interpretation of a situation so that we feel better emotionally. The main goal of cognitive reappraisal is to shift our perspective on an event, thought or feeling, allowing us to experience a more positive emotional response. A simple way to put cognitive reappraisal into practice is to remind yourself that the thing you’re feeling so bad about probably won’t matter that much in the future. You can do this by asking yourself the following three questions, which add up to what I call the 10/10/10 rule. Ask yourself: Let’s see how this would work in the previous examples. Trigger: You get rejected by someone you like. Will this matter in 10 minutes? I might still feel a bit down and might not want to show my face to that person. Will this matter in 10 weeks? Maybe, but I’ll probably be less upset by then. So much could happen. Will this matter in 10 years? Probably not at all – I’ll meet many people between now and then who could completely change my life. Trigger: You don’t get hired for a job. Will this matter in 10 minutes? Probably. I might feel pretty low for the rest of the day. Will this matter in 10 weeks? Probably not, because I’m going to apply to a bunch of other jobs by then. Will this matter in 10 years? Definitely not. Few people become successful in their careers without any setbacks and I’ll learn to see this as one small hiccup. Trigger: You fail your first driving test. Will this matter in 10 minutes? Maybe. I’ll have to tell the news to my instructor and deal with a bit of embarrassment. Will this matter in 10 weeks? Probably not. I’ll have booked another test and hopefully passed by then. Will this matter in 10 years? Definitely not.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 128 | location 1799-1804 | Added on Wednesday, 22 May 2024 10:12:18

Usually, when self-doubt causes procrastination, it’s not because there’s something real there. It’s the result of perception: my belief in my own ability is less than the ability I believe is required. If you’re into mathematical notation, you might write it like this: Self-Confidence = Perception of Ability – Perception of Standards If we believe our ability is higher than the standard needed, then we’re confident. If we believe our ability is lower than the standard needed, then we’re doubtful.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 129 | location 1812-1814 | Added on Wednesday, 22 May 2024 10:14:38

My favourite method is simple. Just try asking yourself: ‘How confident do I actually need to feel to just get started with this? Could I just get started even though I’m feeling unconfident?’

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 130 | location 1821-1824 | Added on Wednesday, 22 May 2024 10:15:32

When you’re trying something new, the idea that you should only begin when you feel confident to begin is a blocker all of its own. The solution? Just do it, even if you feel like you’re doing it badly. Make a start. You won’t need to get perfect for a long time yet.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 131 | location 1841-1843 | Added on Wednesday, 22 May 2024 10:23:38

But what we’re afraid others will notice about us – our mistakes, small missteps, our worst qualities – aren’t typically what we notice in others. When we look at ourselves, these things seem a lot bigger and more important than they really are.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 137 | location 1922-1931 | Added on Wednesday, 22 May 2024 10:28:14

Our second emotional blocker is even thornier: fear. If you’ve ever put off applying for a daunting job or asking someone you like on a date, you’ve encountered this particular monster. The solution isn’t to get rid of fear, though – instead, it’s to develop the courage to face up to it. That courage comes from three sources. The first is to understand your fear. Ask yourself: why have I not started on that task or project yet? What am I afraid of? Where does this fear come from? The second is to reduce your fear. Our fears are often blown out of proportion. Ask yourself these questions to prevent yourself from catastrophising: will this matter in 10 minutes? Will this matter in 10 weeks? Will this matter in 10 years? The third is to overcome your fear. If you’re scared of what other people think, remind yourself that most people are not, in fact, thinking about you. We’re a self-conscious species, but we’re not usually a judgemental one.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 148 | location 2093-2094 | Added on Wednesday, 22 May 2024 10:38:13

If you’re learning a new skill, you can track your progress by keeping a learning journal to write down what you’re learning, any questions you have, and any breakthroughs or ‘aha’ moments you experience.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 153 | location 2172-2173 | Added on Wednesday, 22 May 2024 10:44:09

You can focus on the small losses. Or you can celebrate the small wins.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Highlight on page 154 | location 2178-2185 | Added on Wednesday, 22 May 2024 10:45:07

Our third emotional blocker is the commonest of all: inertia. When you’re doing nothing, it’s easy to carry on doing nothing. And when you’re working, it’s much easier to carry on working. But there are some simple ways to battle through. Look for the frictions in your life: what obstacles are preventing you making a start? And how can you get rid of them? The best antidote to doing nothing is simply to do something. You can take action by first defining your next step and then tracking your progress, so you’re surrounded by tangible evidence that you’re moving towards your goals. The final step is the kindest: creating systems that can help you support yourself long-term. Above all, cut yourself some slack and celebrate the small wins.

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Bookmark on page 162 | location 2287 | Added on Wednesday, 22 May 2024 21:15:29

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Bookmark on page 239 | location 3457 | Added on Wednesday, 22 May 2024 21:29:41

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Bookmark on page 240 | location 3474 | Added on Wednesday, 22 May 2024 21:42:20

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Feel Good Productivity -- Ali Abdaal (Ali Abdaal)

- Your Bookmark on page 208 | location 2993 | Added on Wednesday, 22 May 2024 22:04:14

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Johnson at 10 -- Anthony Seldon (Anthony Seldon)

- Your Bookmark at location 55 | Added on Monday, 27 May 2024 18:54:58

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 209 | location 3568-3570 | Added on Friday, 31 May 2024 07:27:26

“All traveling becomes dull in exact proportion to its rapidity,” English philosopher John Ruskin complained. “A fool wants to shorten space and time; a wise man attempts to lengthen both.”

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 212 | location 3623-3624 | Added on Monday, 3 June 2024 09:57:14

The beach in The Beach wasn’t just idealized because it was unknown to

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 212 | location 3623-3624 | Added on Monday, 3 June 2024 09:57:18

The beach in The Beach wasn’t just idealized because it was unknown to tourists; it was idealized because it was also devoid of locals.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 214 | location 3649-3650 | Added on Wednesday, 5 June 2024 09:49:15

July 22 DARE TO BE LONELY, LOST, AND BORED ON THE ROAD

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 214 | location 3661-3664 | Added on Wednesday, 5 June 2024 09:49:48

Loneliness on the road need not be assuaged by reflexively texting friends back home, since feeling lonely has a way of attuning you to people you might meet in a new place. Being lost doesn’t necessitate GPS navigation; it simply requires closer attention to your environment, and openness to people who might help you navigate it. Boredom isn’t an irritant to be assuaged with digital distractions: It’s an invitation to pay closer attention to possibilities you have yet to notice in the place you’ve traveled so far to see.

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A Wilderness So Immense - Jon Kukla (Jon Kukla)

- Your Bookmark on page 515 | location 7252 | Added on Friday, 7 June 2024 22:30:15

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 220 | location 3768-3770 | Added on Tuesday, 11 June 2024 07:07:16

A travel friend I met in Beirut once pointed out to me that while the English language compels one to “pay” attention, French speakers “lend” attention, and Arabic speakers “give” attention. When we regard our attention as a gift rather than an expense, she said, we’re less likely to hoard it, and more compelled to give it out freely.

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A Wilderness So Immense - Jon Kukla (Jon Kukla)

- Your Highlight on page 448 | location 6394-6394 | Added on Sunday, 16 June 2024 10:34:57

of course, free blacks living in the Atlantic states (especially in antebellum

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 475 | location 5980 | Added on Sunday, 16 June 2024 22:33:39

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Every Living Thing (Jason Roberts)

- Your Highlight on page 64 | location 766-771 | Added on Sunday, 16 June 2024 22:36:43

Hence Linnaeus’s emphasis on copulation. Sex, as he put it, was “the great analogy that exists between Plants and Animals, and their similarities in propagating their species.” He began by describing how spring sunshine renders “plants to be smitten by love,” commencing a sort of vegetable romance. “The flowers’ leaves…serve as bridal beds which the Creator has so gloriously arranged,” he wrote, “adorned with such noble bed curtains, and perfumed with so many soft scents that the bridegroom with his bride might there celebrate their nuptials.”

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 226 | location 3867-3871 | Added on Monday, 17 June 2024 10:05:31

In her 2005 book A Field Guide to Getting Lost, American essayist Rebecca Solnit noted that the English word lost derives from the Old Norse los, which refers to the disbanding of an army. This etymology implies that losing one’s way is less about being in the wrong place than it is about letting go of planned endeavors, and embracing surprises rather than avoiding them. “The things we want are transformative, and we don’t know what is on the other side of that transformation,” Solnit wrote. “That thing the nature of which is totally unknown to you is usually what you need to find, and finding it is a matter of getting lost…. I worry now that many people never disband

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 226 | location 3867-3872 | Added on Monday, 17 June 2024 10:05:40

In her 2005 book A Field Guide to Getting Lost, American essayist Rebecca Solnit noted that the English word lost derives from the Old Norse los, which refers to the disbanding of an army. This etymology implies that losing one’s way is less about being in the wrong place than it is about letting go of planned endeavors, and embracing surprises rather than avoiding them. “The things we want are transformative, and we don’t know what is on the other side of that transformation,” Solnit wrote. “That thing the nature of which is totally unknown to you is usually what you need to find, and finding it is a matter of getting lost…. I worry now that many people never disband their armies, never go beyond what they know.”

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 134 | location 1645 | Added on Monday, 17 June 2024 21:26:53

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 483 | location 6254 | Added on Monday, 17 June 2024 21:28:59

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 485 | location 6310 | Added on Monday, 17 June 2024 21:56:00

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 485 | location 6310 | Added on Monday, 17 June 2024 21:56:07

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Every Living Thing (Jason Roberts)

- Your Highlight on page 205 | location 2548-2549 | Added on Wednesday, 19 June 2024 07:06:52

training for the priesthood. For the next two years, knowing his family

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 501 | location 6798 | Added on Wednesday, 19 June 2024 10:20:24

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 504 | location 6909 | Added on Wednesday, 19 June 2024 10:34:49

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 514 | location 7222 | Added on Wednesday, 19 June 2024 11:12:44

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 231 | location 3958-3961 | Added on Saturday, 22 June 2024 09:04:59

The problem with checking countries off lists is that it reduces travel to a geographical parlor game. Even among travelers with more modest ambitions, we all too often seek quantity rather than quality—packing, say, ten nations into a one-month Europe sojourn, when the monthlong experience of a single European country would yield much richer rewards. If in doubt, the number of places you seek on a journey counts for less than the willingness to slow down and savor each new place on its own terms.

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 517 | location 7308 | Added on Saturday, 22 June 2024 22:48:22

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Every Living Thing (Jason Roberts)

- Your Highlight on page 353 | location 4396-4398 | Added on Sunday, 23 June 2024 22:17:14

In Egypt, Geoffroy had discovered that human mummies were vastly outnumbered by mummified animals—cats, crocodiles, dogs, jackals, snakes, and especially birds. One site, the catacombs of Tuna el-Gebel, held an estimated four million mummified birds, which curiously all seemed to be of the same species. Arriving

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Every Living Thing (Jason Roberts)

- Your Highlight on page 353 | location 4396-4398 | Added on Sunday, 23 June 2024 22:17:19

In Egypt, Geoffroy had discovered that human mummies were vastly outnumbered by mummified animals—cats, crocodiles, dogs, jackals, snakes, and especially birds. One site, the catacombs of Tuna el-Gebel, held an estimated four million mummified birds, which curiously all seemed to be of the same species.

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 519 | location 7394 | Added on Sunday, 23 June 2024 22:32:10

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 523 | location 7506 | Added on Sunday, 23 June 2024 22:54:47

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 233 | location 3984-3986 | Added on Monday, 24 June 2024 10:05:05

I don’t believe you know a place until you’ve been really bored in it. —Ian Frazier, in They Went (1991)

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 233 | location 3994-3998 | Added on Monday, 24 June 2024 10:05:47

“Your true traveler finds boredom rather agreeable than painful,” wrote Aldous Huxley in his 1925 book Along the Road. “It is the symbol of his liberty—his excessive freedom. He accepts his boredom, when it comes, not merely philosophically, but almost with pleasure.” In other words, travelers need not seek to fill idle moments with random amusements, since experiencing moments of boredom—and being receptive to the subtle gifts those moments offer—is part of the point of the journey.

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Every Living Thing (Jason Roberts)

- Your Bookmark on page 530 | location 7720 | Added on Monday, 24 June 2024 11:05:52

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The Fourth Part of the World: The Epic Story of History's Greatest Map (Toby Lester)

- Your Bookmark at location 7805 | Added on Saturday, 20 July 2024 23:03:08

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The Fourth Part of the World: The Epic Story of History's Greatest Map (Toby Lester)

- Your Highlight at location 2202-2210 | Added on Sunday, 21 July 2024 14:04:11

It’s worth pausing for a moment to consider the many dynamics at play in this little-known episode. With the financial backing of a king from the Iberian Peninsula, a maritime expedition led by Italian sailors sets off in search of islands rumored to exist somewhere out in the Atlantic. Guided by maps that contain a blend of the real and the imaginary, they find a series of islands, on which they encounter a pagan society previously unknown to Europe. They take prisoners, search for riches, loot and plunder, and finally return home, bearing samples of commercial goods, including human captives, that they believe might be of interest to merchants in Europe. Word of the islands spreads fast and reaches the pope, who considers himself empowered to grant ownership of them to whomever he sees fit—and who, when he does so, sets in motion a race among different Iberian monarchs to explore, exploit, and Christianize the region. These are the very dynamics, of course, that would assert themselves time and again in the Atlantic as the European Age of Discovery got under way.

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The Fourth Part of the World: The Epic Story of History's Greatest Map (Toby Lester)

- Your Bookmark at location 7555 | Added on Monday, 22 July 2024 22:16:06

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The Age of Dinosaurs - Steve Brusatte (Steve Brusatte)

- Your Bookmark at location 36 | Added on Saturday, 27 July 2024 18:04:19

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Dark Wire (Joseph Cox)

- Your Bookmark on page 6 | location 240 | Added on Saturday, 27 July 2024 18:57:06

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Dark Wire (Joseph Cox)

- Your Bookmark on page 57 | location 988 | Added on Saturday, 27 July 2024 21:46:30

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Dark Wire (Joseph Cox)

- Your Bookmark on page 322 | location 5024 | Added on Saturday, 27 July 2024 22:26:04

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Dark Wire (Joseph Cox)

- Your Bookmark on page 324 | location 5086 | Added on Sunday, 28 July 2024 22:05:28

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Dark Wire (Joseph Cox)

- Your Bookmark on page 325 | location 5118 | Added on Tuesday, 30 July 2024 23:04:38

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 272 | location 4648-4649 | Added on Thursday, 1 August 2024 08:31:51

“Spells of acute loneliness are an essential part of travel,” Jonathan Raban wrote in his 2010 book Driving Home. “Loneliness makes things happen.”

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Dark Wire (Joseph Cox)

- Your Bookmark on page 326 | location 5152 | Added on Thursday, 1 August 2024 23:07:09

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Dark Wire (Joseph Cox)

- Your Bookmark on page 327 | location 5169 | Added on Saturday, 3 August 2024 22:38:11

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 283 | location 4838-4842 | Added on Monday, 12 August 2024 08:28:39

Ultimately, interacting with less advantaged communities as a traveler can strengthen your appreciation of what in life is essential. When author Pico Iyer’s home and possessions were incinerated in a 1990 California wildfire, for example, travel put his losses into perspective. “I could think back on all the people I had met, in Tibet and Morocco and Bolivia, who would still have thought of my life as luxurious,” he said in a 2003 interview. “Many people one meets while traveling deal with more traumas every day than the privileged among us meet in a lifetime. That’s how travel humbles and inspires.”

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Rinsed - Geoff White (Geoff White)

- Your Highlight at location 871-871 | Added on Saturday, 17 August 2024 14:40:31

by Smethurst’s team, some carrying cash, others with drugs. Manchester

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Rinsed - Geoff White (Geoff White)

- Your Highlight at location 3333-3335 | Added on Sunday, 18 August 2024 10:23:17

Such is the tormenting spiral of wealth: just when you think you’ve reached the highest level, you turn a corner and there’s someone ahead of you.

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Rinsed - Geoff White (Geoff White)

- Your Highlight at location 3664-3669 | Added on Sunday, 18 August 2024 10:48:17

anyone who could help? Alaumary, ever helpful, knew exactly who to call. And that was partly because he’d found himself living slap-bang in the middle of a place that was fast becoming an unlikely hang-out for some of North America’s biggest money launderers: Mississauga. A city of 700,000 people, Mississauga generally bumbles along peacefully in the shadow of its larger and more famous neighbour, Toronto, and I’m sure most of its residents would be shocked to hear that it was a hub for financial criminals. But the truth is that, during Alaumary’s time there, Mississauga and its surrounding areas were home to a disproportionate number of very senior launderers, as well as their wider network.

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Rinsed - Geoff White (Geoff White)

- Your Highlight at location 3693-3696 | Added on Sunday, 18 August 2024 10:52:10

And so on 16 January 2019, when a message from Alaumary arrived on Abbas’s phone asking if he could provide two European bank accounts that could receive and layer 5m euros each from the impending raid on the Bank of Valletta, Abbas didn’t hesitate. He replied the same day with details of an account in Romania which he said could be used for ‘large amounts’.

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Rinsed - Geoff White (Geoff White)

- Your Highlight at location 3877-3879 | Added on Sunday, 18 August 2024 11:05:38

posting photos of himself wearing it on his Instagram account.33 It’s an echo of the integration tactics used by those who laundered the Bank of Valletta money in the UK. When you need

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Rinsed - Geoff White (Geoff White)

- Your Highlight at location 3878-3880 | Added on Sunday, 18 August 2024 11:05:45

It’s an echo of the integration tactics used by those who laundered the Bank of Valletta money in the UK. When you need to move hundreds of thousands around the world, using a fabulously expensive watch looks a lot less fishy than a thick bundle of banknotes.

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Rinsed - Geoff White (Geoff White)

- Your Highlight at location 4537-4538 | Added on Sunday, 18 August 2024 16:48:35

High volume, flexible asset prices, lack of regulation and global scale:

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 10 | location 247-250 | Added on Monday, 19 August 2024 18:04:59

To teach AI how to understand and generate humanlike writing, it is trained on a massive amount of text from various sources, such as websites, books, and other digital documents. This is called pretraining, and unlike earlier forms of AI, it is unsupervised, which means the AI doesn’t need carefully labeled data. Instead, by analyzing these examples, AI learns to recognize patterns, structures, and context in human language. Remarkably, with a vast number of adjustable parameters (called weights), LLMs can create a model that emulates how

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 12 | location 274-276 | Added on Monday, 19 August 2024 18:26:58

For example, the entire email database of Enron, shut down for corporate fraud, is used as part of the training material for many AIs, simply because it was made freely available to AI researchers.

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Bookmark on page 223 | location 2792 | Added on Monday, 19 August 2024 22:26:20

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 67 | location 861-863 | Added on Monday, 19 August 2024 22:28:13

AI systems also make mistakes, tell lies, and hallucinate answers, just like humans. Each system has its own idiosyncratic strengths and weaknesses, just like each human colleague does. Understanding these strengths and weaknesses requires time and experience working with a particular AI.

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 67 | location 863-864 | Added on Monday, 19 August 2024 22:28:42

The abilities of AI systems range widely, from middle-school to PhD level, depending on the task.

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Bookmark on page 227 | location 3013 | Added on Monday, 19 August 2024 22:46:51

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 95 | location 1187-1194 | Added on Tuesday, 20 August 2024 21:32:37

If you ask an AI to give you a citation or a quote, it is going to generate that quote or citation based on the connections between the data it learned, not retrieve it from memory. If the quote is famous, like “Four score and seven years ago,” the AI will finish it properly: “. . . our fathers brought forth on this continent, a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal.” The AI has seen those connections enough times to figure out the next word. If it is more obscure, like my biography, it will fill in the details with plausible hallucinations, like GPT-4 insisting that I have a computer science undergraduate degree. Anything that requires exact recall is likely to result in a hallucination

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 106 | location 1315-1317 | Added on Tuesday, 20 August 2024 21:43:04

You are an expert at marketing. When asked to generate slogan ideas you come up with ideas that are different from each other, clever, and interesting. You use clever wordplay. You try not to repeat themes or ideas. Come up with 20 ideas for marketing slogans for a new mail-order cheese shop, make them different from each other, and make them clever and creative.

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 108 | location 1353-1355 | Added on Tuesday, 20 August 2024 21:46:11

The AI will not naturally deliver novelty (as we discussed above, it tends to give the crowd-pleasing “average” answer that is most likely from its training data), but we can make it do so with a little work. We need to push the AI from an average answer to a high-variance, weird one. We can do this again by telling the AI who it is. Force it to give you less likely answers, and you will find more original combinations.

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 110 | location 1372-1377 | Added on Tuesday, 20 August 2024 22:03:23

Upon closer inspection, a surprisingly large amount of work is actually creative work in the form that AI is good at. Situations in which there is no right answer, where invention matters and small errors can be caught by expert users, abound. Marketing writing, performance reviews, strategic memos—all these are within the capability of AI because they have both room for interpretation and are relatively easily fact-checked. Plus, as many of these document types are well represented in the AI training data, and are rather formulaic in approach, AI results can often seem better than that of a human and can be produced faster as well.

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Bookmark on page 229 | location 3104 | Added on Tuesday, 20 August 2024 22:44:53

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 161 | location 1936-1939 | Added on Wednesday, 21 August 2024 21:09:56

One study of eleven years of college courses found that when students did their homework in 2008, it improved test grades for 86 percent of them, but it helped only 45 percent of students in 2017. Why? Because over half of students were looking up homework answers on the internet by 2017, so they never got the benefits of homework.

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 171 | location 2051-2056 | Added on Wednesday, 21 August 2024 21:24:16

After this complexity, prompt crafting might be a little confusing and intimidating. So I have good news for you (and bad news for the people who want to make prompt crafting the future of education). Being “good at prompting” is a temporary state of affairs. The current AI systems are already very good at figuring out your intent, and they are getting better. If you want to do something with AI, just ask it to help you do the thing. “I want to write a novel; what do you need to know to help me?” will get you surprisingly far. And remember, AI is only going to get better at guiding us, rather than requiring us to guide

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Highlight on page 171 | location 2051-2055 | Added on Wednesday, 21 August 2024 21:24:24

After this complexity, prompt crafting might be a little confusing and intimidating. So I have good news for you (and bad news for the people who want to make prompt crafting the future of education). Being “good at prompting” is a temporary state of affairs. The current AI systems are already very good at figuring out your intent, and they are getting better. If you want to do something with AI, just ask it to help you do the thing. “I want to write a novel; what do you need to know to help me?” will get you surprisingly far.

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Co-Intelligence Living and Working With AI (Ethan Mollick)

- Your Bookmark on page 231 | location 3193 | Added on Wednesday, 21 August 2024 22:02:09

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Flash Boys Not So Fast (Kovac, Peter [Kovac, Peter])

- Your Highlight on page 62 | location 940-941 | Added on Saturday, 24 August 2024 23:08:32

As I pondered the impossibility of it, I weighed other scenarios where Lewis may have forgotten a key detail. Perhaps

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 296 | location 5067-5068 | Added on Sunday, 25 August 2024 08:41:00

“Of all the paths you take in life, make sure a few of them are dirt,” goes a saying attributed to naturalist John Muir. This advice holds true for any journey.

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The Great Railway 1871-1881 Pierre Berton (Pierre Berton)

- Your Bookmark at location 7313 | Added on Sunday, 25 August 2024 21:02:50

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The Great Railway 1871-1881 Pierre Berton (Pierre Berton)

- Your Bookmark at location 7716 | Added on Sunday, 25 August 2024 22:06:04

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The Great Railway 1871-1881 Pierre Berton (Pierre Berton)

- Your Bookmark at location 8024 | Added on Sunday, 25 August 2024 22:38:33

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The Great Railway 1871-1881 Pierre Berton (Pierre Berton)

- Your Bookmark at location 1675 | Added on Wednesday, 28 August 2024 22:23:03

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The Great Railway 1871-1881 Pierre Berton (Pierre Berton)

- Your Bookmark at location 81 | Added on Wednesday, 28 August 2024 22:23:16

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The Great Railway 1871-1881 Pierre Berton (Pierre Berton)

- Your Bookmark at location 1918 | Added on Wednesday, 28 August 2024 22:42:37

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 301 | location 5151-5156 | Added on Friday, 30 August 2024 08:11:29

“The idea of accelerating life for its maximization is wrong,” Han wrote. Doing twice as many things in life, he added, doesn’t make life twice as fulfilling; rather, we make the most of life knowing when and where to linger in time and space. Inevitably, the best part of travel comes in those moments when you give yourself permission to stop in a place that captures your imagination and get to know it a little better, devoid of goals and itineraries and hypothetical regrets. I ended up staying one more week in Punta del Diablo, doing the same things I’d done there my first week. It remains one of my favorite memories of South America.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 301 | location 5151-5153 | Added on Friday, 30 August 2024 08:11:44

“The idea of accelerating life for its maximization is wrong,” Han wrote. Doing twice as many things in life, he added, doesn’t make life twice as fulfilling; rather, we make the most of life knowing when and where to linger in time and space.

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The Great Railway 1871-1881 Pierre Berton (Pierre Berton)

- Your Highlight at location 5854-5854 | Added on Friday, 13 September 2024 17:22:04

Stephen meanwhile was having his own problems – a whole irritating series of them.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 317 | location 5424-5427 | Added on Sunday, 15 September 2024 19:27:53

Schedule a day of rest every now and then. Contrary to what you might read, sudden insights seldom happen at the summit of a mountain…. Exhaustion seldom engenders insight. —Tim Cahill, Hold the Enlightenment (2002)

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The Last Spike The Great Railway 1881-1885 PierreBerton (Pierre Berton)

- Your Highlight at location 484-493 | Added on Sunday, 15 September 2024 22:29:13

That was to be the pattern of future settlement along the line. In the case of Regina, Calgary, Revelstoke, and Vancouver, to mention the most spectacular instances, it was the company that dictated both the shape and the location of the cities of the new Canada – and woe to any speculator who tried to push the company around! The company could, and did, change the centre of gravity by the simple act of shifting the location of the railway station. For it was around the nucleus of the station that the towns and villages sprang up. The contract stipulated that if government land was available it would be provided free for the company’s stations., station grounds, workshops, dock grounds, buildings, yards, “and other appurtenances.” With a scratch of the pen the company could, and did, decide which communities would grow and which would stagnate; the placing of divisional points made all the difference. “It must not be forgotten,” the Globe reminded its readers in 1882, “that the Syndicate has a say in the existence of almost every town or prospective town in the North-West. Individuals rarely have an opportunity of starting a town without their consent and co-operation.” Since some eight hundred villages, towns, and cities were eventually fostered in the three prairie provinces by the CPR, the advantages of total control were inestimable.

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The Last Spike The Great Railway 1881-1885 PierreBerton (Pierre Berton)

- Your Highlight at location 501-504 | Added on Sunday, 15 September 2024 22:31:11

Few single decisions by a private corporation have had such widespread public repercussions. As a result, and quite by accident, the most spectacular mountain scenery in North America was opened up in the early eighties; Canada gained a new image as a tourist attraction: Banff, Lake Louise, Glacier, and Yoho parks were all by-products of Jim Hill’s table-pounding. So was a whole series of prairie communities strung out like beads on a string between Brandon and Calgary.

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The Last Spike The Great Railway 1881-1885 PierreBerton (Pierre Berton)

- Your Highlight at location 551-552 | Added on Sunday, 15 September 2024 22:38:09

Regina, which might not have existed had the northerly route been chosen, was found to be in the very heart of the richest grain-growing soil on the continent.

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The Last Spike The Great Railway 1881-1885 PierreBerton (Pierre Berton)

- Your Highlight at location 833-834 | Added on Monday, 16 September 2024 22:46:34

British Columbia was “a barren, cold, mountain country that is not worth keeping.”

==========

The Last Spike The Great Railway 1881-1885 PierreBerton (Pierre Berton)

- Your Highlight at location 2177-2177 | Added on Wednesday, 18 September 2024 22:33:01

It was probably the last summer in which herds of buffalo and antelope freely roamed the prairie.

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The Last Spike The Great Railway 1881-1885 PierreBerton (Pierre Berton)

- Your Highlight at location 2327-2336 | Added on Wednesday, 18 September 2024 22:48:58

White immediately occupied a 160-acre homestead near the banks of the river where the survey line crossed it. This was to be the exact site of the business section of Regina, but to White it looked so desolate that he could not believe anyone would be foolish enough to locate a capital city on that naked plain. He relinquished his homestead and took up another two miles away, thereby depriving himself of one of the most valuable parcels of real estate on the prairies. By this time rumours were flying in the Qu’Appelle Valley about the choice of a new capital. More tents were rising. At the Fort, the speculators were keeping a careful watch on Dewdney’s movements. It was not expected that he would leave the community during the Dominion Day festivities; a considerable celebration had been arranged at which, it was felt, the Lieutenant-Governor would have to be present. Dewdney took advantage of this conviction to slip quietly away. Late in the afternoon of June 30 he posted a notice near Thomas Gore’s tent reserving for the government all the land in the vicinity. The syndicate property, in which he had an interest, adjoined the government reserve directly to the north. Thus was the city of Regina, as yet unnamed, quietly established.

==========

The Last Spike The Great Railway 1881-1885 PierreBerton (Pierre Berton)

- Your Highlight at location 4379-4383 | Added on Friday, 20 September 2024 21:54:25

Vancouver Island to the Maritimes blossomed out on the prairies. A bitter three-cornered battle, fought largely in the newspapers, took place all that year and the next between Winnipeg, Moose Jaw, and Regina. The argument, ostensibly, was over the choice of Regina as capital, but it was really over real estate. The Winnipeg Times charged that the new capital was nothing but a few tents and shacks, that the water was anything but pure and wholesome, and that the accommodations were terrible. The Sun said the capital should be moved – why, the CPR was so ashamed of it, the trains went through only in the dark of night! The Moose Jaw

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The Last Spike The Great Railway 1881-1885 PierreBerton (Pierre Berton)

- Your Highlight at location 4379-4384 | Added on Friday, 20 September 2024 21:54:33

A bitter three-cornered battle, fought largely in the newspapers, took place all that year and the next between Winnipeg, Moose Jaw, and Regina. The argument, ostensibly, was over the choice of Regina as capital, but it was really over real estate. The Winnipeg Times charged that the new capital was nothing but a few tents and shacks, that the water was anything but pure and wholesome, and that the accommodations were terrible. The Sun said the capital should be moved – why, the CPR was so ashamed of it, the trains went through only in the dark of night! The Moose Jaw News declared that Regina was “dead beyond the hope of resurrection.”

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The Last Spike The Great Railway 1881-1885 PierreBerton (Pierre Berton)

- Your Highlight at location 4379-4384 | Added on Friday, 20 September 2024 21:54:47

A bitter three-cornered battle, fought largely in the newspapers, took place all that year and the next between Winnipeg, Moose Jaw, and Regina. The argument, ostensibly, was over the choice of Regina as capital, but it was really over real estate. The Winnipeg Times charged that the new capital was nothing but a few tents and shacks, that the water was anything but pure and wholesome, and that the accommodations were terrible. The Sun said the capital should be moved – why, the CPR was so ashamed of it, the trains went through only in the dark of night! The Moose Jaw News declared that Regina was “dead beyond the hope of resurrection.”

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How to Read a Tree (Tristan Gooley)

- Your Highlight on page 13 | location 166-169 | Added on Tuesday, 1 October 2024 22:40:14

The trees will get taller as you walk into the wood because those at the edge bear the brunt of the strong winds that buffet all exposed trees, which grow shorter as a result. The tallest trees tend to be near the middle of a wood. The species will change as you walk into a wood, too.

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How to Read a Tree (Tristan Gooley)

- Your Highlight on page 13 | location 166-168 | Added on Tuesday, 1 October 2024 22:40:19

The trees will get taller as you walk into the wood because those at the edge bear the brunt of the strong winds that buffet all exposed trees, which grow shorter as a result. The tallest trees tend to be near the middle of a wood.

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How to Read a Tree (Tristan Gooley)

- Your Highlight on page 46 | location 517-522 | Added on Saturday, 5 October 2024 19:15:42

If we think of the light arriving in drips from above, the leaves are there to stop it reaching the ground: That would be wasted light, and nature abhors waste. If there isn’t much light, a single bowl near the top does the job. But if more light arrives than one level can harvest, it makes sense to grow another level lower down. In shady woods, the single layer near the top of the canopy catches all the light. In bright, open areas, we can think of the light cascading down the many levels of the birches. And the extra layers work doubly well when you’ve got light coming in from the side, too.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 344 | location 5856-5858 | Added on Wednesday, 9 October 2024 08:21:23

“Travel is at its most rewarding,” wrote Paul Theroux in Ghost Train to the Eastern Star, “when it ceases to be about your reaching a destination and becomes indistinguishable from living your life.”

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The Regatta Mystery and Other Stories: Featuring Hercule Poirot, Miss Marple, and Mr. Parker Pyne (Agatha Christie)

- Your Highlight at location 2168-2170 | Added on Wednesday, 9 October 2024 21:38:33

That was what might be termed the first act of the drama. The second act followed a week later. It opened with a telephone call from one John Stillingfleet, MD. He said with a remarkable lack of medical

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How to Read a Tree (Tristan Gooley)

- Your Highlight on page 132 | location 1424-1427 | Added on Thursday, 10 October 2024 22:37:46

Inside the cambium we have most of the trunk. It is called the “xylem” and is made up of two parts, old and new. Directly beneath the cambium there are young xylem cells, which are very much alive and busy transporting water and minerals up and down the tree. Each year the tree adds a fresh new xylem layer outside that of the previous year.

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How to Read a Tree (Tristan Gooley)

- Your Highlight on page 132 | location 1424-1428 | Added on Thursday, 10 October 2024 22:37:52

Inside the cambium we have most of the trunk. It is called the “xylem” and is made up of two parts, old and new. Directly beneath the cambium there are young xylem cells, which are very much alive and busy transporting water and minerals up and down the tree. Each year the tree adds a fresh new xylem layer outside that of the previous year. This is why we see rings and why the oldest rings are nearest the center.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 348 | location 5925-5927 | Added on Sunday, 13 October 2024 08:20:25

Grim and pitiless, The Sheltering Sky isn’t a celebration of being a “traveler” so much as it is an illustration of the alienation that can result from too many years of aimlessness; a warning that travel for travel’s sake yields diminishing returns when it becomes

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 348 | location 5925-5927 | Added on Sunday, 13 October 2024 08:20:31

Grim and pitiless, The Sheltering Sky isn’t a celebration of being a “traveler” so much as it is an illustration of the alienation that can result from too many years of aimlessness; a warning that travel for travel’s sake yields diminishing returns when it becomes unmoored from any sense of community or continuity.

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 349 | location 5938-5944 | Added on Monday, 14 October 2024 09:10:28

Part of the reason people overextend a journey is tied into the initial thrill of being on the road—of realizing how much there is to see in the world, how cheap and easy it is to keep traveling, and how there might not be a better time to do it. Yet the point of a long-term journey isn’t to travel indefinitely: The point is to travel in such a way that it deepens and diversifies your life. If there comes a point when the sense of novelty and discovery is not as strong as it felt earlier in the journey, sometimes the best way to sharpen these enthusiasms is to head back home. Travel is not an endurance contest, after all, and there are times when the best way to maintain a lifelong relationship with travel is to take the journey back to familiar ground and renew your sense for what makes it special.

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The Notebook (Roland Allen)

- Your Highlight on page 18 | location 208-209 | Added on Monday, 14 October 2024 17:35:53

My own interest in notebooks had also progressed beyond the commercial. I read Samuel Pepys, loving the unfettered way in which he documented work, home, leisure, his urban environment and his sex life;

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The Notebook (Roland Allen)

- Your Highlight on page 27 | location 300-301 | Added on Monday, 14 October 2024 17:50:47

parchment, invented in a Greek kingdom, Pergamon, in northwestern Anatolia. Tough as old boots, for the excellent reason that it’s made of the same stuff,

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The Notebook (Roland Allen)

- Your Bookmark on page 430 | location 5190 | Added on Monday, 14 October 2024 18:05:38

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The Notebook (Roland Allen)

- Your Highlight on page 44 | location 518-519 | Added on Monday, 14 October 2024 23:04:59

Historian Jacob Soll makes a powerful claim: ‘Without double-entry accounting, neither modern capitalism nor the modern state could exist.’

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The Notebook (Roland Allen)

- Your Highlight on page 44 | location 518-521 | Added on Monday, 14 October 2024 23:05:13

Historian Jacob Soll makes a powerful claim: ‘Without double-entry accounting, neither modern capitalism nor the modern state could exist.’ When I spoke to another historian of the period, the paper specialist Orietta Da Rold, she needed only two words to evoke this intersection of conceptual innovation, advanced manufacture, information technology, profitable exports and plentiful cash. ‘Silicon Valley.’

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The Notebook (Roland Allen)

- Your Bookmark on page 431 | location 5206 | Added on Monday, 14 October 2024 23:07:15

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The Vagabond's Way - 366 Meditations on Wanderlust (Rolf Potts)

- Your Highlight on page 350 | location 5952-5954 | Added on Tuesday, 15 October 2024 08:27:05

English author G. K. Chesterton in his 1909 book Tremendous Trifles. “The whole object of travel is not to set foot on foreign land; it is at last to set foot on one’s own country as a foreign land.”

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The Notebook (Roland Allen)

- Your Highlight on page 52 | location 614-618 | Added on Tuesday, 15 October 2024 22:17:00

Cimabue was lucky enough to grow up in the 1250s, when, for the first time in Christian Europe, a young artist could find paper to draw on. Vasari, no mean painter himself, and an avid collector of sketches and drawings, identified drawing from nature – and not the copying of earlier pictures – as the source of Cimabue’s skill: that is why he took care to mention his life drawing, of everyday subjects, ‘on books and other papers’, and credited him with ‘the first beginning to the new method of drawing and painting’. Wandering around the Tuscan countryside with a merchant’s ledger

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The Notebook (Roland Allen)

- Your Highlight on page 52 | location 614-619 | Added on Tuesday, 15 October 2024 22:17:12

Cimabue was lucky enough to grow up in the 1250s, when, for the first time in Christian Europe, a young artist could find paper to draw on. Vasari, no mean painter himself, and an avid collector of sketches and drawings, identified drawing from nature – and not the copying of earlier pictures – as the source of Cimabue’s skill: that is why he took care to mention his life drawing, of everyday subjects, ‘on books and other papers’, and credited him with ‘the first beginning to the new method of drawing and painting’. Wandering around the Tuscan countryside with a merchant’s ledger and an ink bottle, young Cimabue invented the sketchbook.

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The Notebook (Roland Allen)

- Your Highlight on page 54 | location 639-641 | Added on Tuesday, 15 October 2024 22:19:24

Before paper, if you wanted to draw in western Europe, it helped to be born male and then take a vow of chastity, for parchment and ink were most often the preserve of clerics whose duty was to glorify the Word of God, not to waste expensive materials on merely personal impulses.

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The Notebook (Roland Allen)

- Your Bookmark on page 432 | location 5219 | Added on Tuesday, 15 October 2024 22:31:16

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The Notebook (Roland Allen)

- Your Bookmark on page 434 | location 5241 | Added on Wednesday, 16 October 2024 22:07:31

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The Notebook (Roland Allen)

- Your Bookmark on page 436 | location 5252 | Added on Wednesday, 16 October 2024 22:36:32

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The Notebook (Roland Allen)

- Your Highlight on page 145 | location 1774-1775 | Added on Saturday, 19 October 2024 21:36:20

Drexel, put it, Notae propriae, notae optimae: ‘your own notes are the best notes’.

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The Notebook (Roland Allen)

- Your Highlight on page 145 | location 1775-1778 | Added on Saturday, 19 October 2024 21:36:47

the well-arranged common-place functioned as a kind of externalised memory, which, as historian Ann Blair notes, ‘liberated the reader from the task of memorising the selected passages’. This in turn ‘freed up mental capacity for… reasoning and reflection’ and was particularly useful in an age when the rate of arrival of new books far outstripped anyone’s ability to master their contents.

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The Notebook (Roland Allen)

- Your Highlight on page 154 | location 1869-1875 | Added on Saturday, 19 October 2024 21:53:06

What does his notebook have to tell us today? Unlike Isaac Newton, Samuel Pepys, Jean-Baptiste Colbert, even Michael of Rhodes, its author had no connection to great discoveries, affairs of state, or international relations. Stackhouse was no poet, no artist, and his literary tastes were unsophisticated. But he wrote for himself, not posterity, and he valued the notebook enough to fill more than three hundred pages, and to invite friends and family to make their notes in it too. His observations might be of consequence to no-one but himself, but isn’t it a happy thought that such documents can survive for centuries, intimate memorials to their owners’ preoccupations – unremarkable, hardly read, yet every one unique?

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The Notebook (Roland Allen)

- Your Bookmark on page 439 | location 5299 | Added on Saturday, 19 October 2024 23:07:47

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The Notebook (Roland Allen)

- Your Bookmark on page 440 | location 5304 | Added on Sunday, 20 October 2024 20:21:30

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The Notebook (Roland Allen)

- Your Bookmark on page 441 | location 5315 | Added on Sunday, 20 October 2024 20:36:04

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The Notebook (Roland Allen)

- Your Bookmark on page 442 | location 5326 | Added on Sunday, 20 October 2024 20:45:00

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The Notebook (Roland Allen)

- Your Highlight on page 196 | location 2374-2376 | Added on Monday, 21 October 2024 19:17:42

But William’s 126-page record of the city makes him one of the first urban topographers, and illustrates a common paradox – that historians often learn more about a place from notes made by visitors than from records left by residents. Outsiders tend to be more acute observers than natives.

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The Notebook (Roland Allen)

- Your Highlight on page 213 | location 2573-2573 | Added on Monday, 21 October 2024 19:46:48

health failing badly, he filled his last months with a final novel, the lapidary

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The Notebook (Roland Allen)

- Your Highlight on page 213 | location 2572-2573 | Added on Monday, 21 October 2024 19:46:55

any case, Chatwin was barely aware of the ill feeling. His health failing badly, he filled his last months with a final novel, the lapidary

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The Notebook (Roland Allen)

- Your Bookmark on page 444 | location 5358 | Added on Monday, 21 October 2024 22:34:00

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The Notebook (Roland Allen)

- Your Highlight on page 235 | location 2855-2855 | Added on Monday, 21 October 2024 22:46:10

married, she would repay him by making her new husband a cuckold.

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The Notebook (Roland Allen)

- Your Highlight on page 235 | location 2855-2855 | Added on Monday, 21 October 2024 22:46:14

was married, she would repay him by making her new husband a cuckold.

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The Notebook (Roland Allen)

- Your Bookmark on page 445 | location 5370 | Added on Monday, 21 October 2024 22:57:15

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The Notebook (Roland Allen)

- Your Bookmark on page 447 | location 5385 | Added on Tuesday, 22 October 2024 20:38:48

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The Notebook (Roland Allen)

- Your Bookmark on page 448 | location 5399 | Added on Tuesday, 22 October 2024 22:10:28

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The Notebook (Roland Allen)

- Your Highlight on page 289 | location 3485-3487 | Added on Wednesday, 23 October 2024 21:09:18

Letts intended his invention to help his customers plan their futures: his diaries were prospective datebooks. But they had an unexpected consequence: his customers rapidly realised that they worked just as well as retrospective journals, in which they could record the events of the recent past, and Letts diaries helped to turn diary-keeping into a mainstream occupation for the first time in human history.

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The Notebook (Roland Allen)

- Your Highlight on page 289 | location 3485-3489 | Added on Wednesday, 23 October 2024 21:10:13

Letts intended his invention to help his customers plan their futures: his diaries were prospective datebooks. But they had an unexpected consequence: his customers rapidly realised that they worked just as well as retrospective journals, in which they could record the events of the recent past, and Letts diaries helped to turn diary-keeping into a mainstream occupation for the first time in human history. To which, we may ask: what kept you? Why did it take ordinary people so long to write about the events of their own lives, and their reactions to them?

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The Notebook (Roland Allen)

- Your Highlight on page 292 | location 3512-3515 | Added on Wednesday, 23 October 2024 21:12:59

many more, like Gregorio Dati (whom we met in Chapter Four), recorded domestic milestones like births, deaths and marriages, and nearly everyone kept a close track of income and outgoings, but only very rarely did a Florentine record their emotions, or the events of a normal day, on the page. ‘Today we are astonished,’ writes Philippe Lejeune, the leading historian of the diary, ‘but there it is: the idea never occurred to them.’

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The Notebook (Roland Allen)

- Your Highlight on page 292 | location 3509-3515 | Added on Wednesday, 23 October 2024 21:13:07

Even during the great flowering of literacy of Florence’s golden age, when busy writers took advantage of the arrival of paper to create all manner of new genres – and frequently wrote of their private lives and emotions in letters – no-one kept the kind of personal, or confessional, diary that we know today. Some, like the apothecary Luca Landucci, wrote vivid chronicles of the city’s affairs, many more, like Gregorio Dati (whom we met in Chapter Four), recorded domestic milestones like births, deaths and marriages, and nearly everyone kept a close track of income and outgoings, but only very rarely did a Florentine record their emotions, or the events of a normal day, on the page. ‘Today we are astonished,’ writes Philippe Lejeune, the leading historian of the diary, ‘but there it is: the idea never occurred to them.’

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The Notebook (Roland Allen)

- Your Bookmark on page 449 | location 5410 | Added on Wednesday, 23 October 2024 22:29:14

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The Notebook (Roland Allen)

- Your Highlight on page 309 | location 3756-3768 | Added on Wednesday, 23 October 2024 22:31:25

their role, defined with the creation of London’s Metropolitan Police in 1829, was built on ‘the beat’, a walked loop of about an hour’s duration, which could not be varied. As one constable of the time later wrote, ‘the police were strictly confined to patrolling their beats. It was laid down that it should be their duty first and always.’ Because the constables, who mostly patrolled at night, weren’t trusted not to slack off – the lure of a warming fireside or comfortable bed must have been powerful indeed – they always carried a notebook in which they logged their progress past predetermined landmarks. The sergeant’s role was to roam more freely, periodically intercepting constables, verifying the honesty of their records, and countersigning them.\* When the copper returned to the station at the end of the beat, the duty officer could quickly inspect the notebook to verify that he had indeed performed his duty. That indoor role solidified into the rank of ‘inspector’; the officer whom we think of as an investigator was, originally, merely there to check the paperwork. This monitoring system lasted for about eighty years, until the advent, in the 1920s, of police phone boxes (best-known today as the model for Doctor Who’s Tardis.) From that point, constables had to phone in every half-hour; sergeants could retreat to the warmth of the station and inspectors could take on more interesting responsibilities. So the first police notebooks did not facilitate investigation but subjugation; they embodied the force’s control over its officers.

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The Notebook (Roland Allen)

- Your Bookmark on page 450 | location 5421 | Added on Wednesday, 23 October 2024 22:47:59

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The Notebook (Roland Allen)

- Your Highlight on page 327 | location 3956-3960 | Added on Wednesday, 23 October 2024 22:57:40

The distinction between these two modes recalls – yet again – the two-stage process of the Italian bookkeepers, who had used their memoriale to record transactions in the moment, then copied them over to the double-entry giornale or quaderne for analysis and reconciliation. Artists, essayists, scientists had all adopted similar practices: Agatha Christie’s striking-through of ideas that had been employed in a book echoes the bookkeeping practice of striking through matching credits and debits.

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The Notebook (Roland Allen)

- Your Bookmark on page 451 | location 5438 | Added on Wednesday, 23 October 2024 22:59:17

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The Notebook (Roland Allen)

- Your Bookmark on page 452 | location 5444 | Added on Thursday, 24 October 2024 22:35:02

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The Notebook (Roland Allen)

- Your Bookmark on page 453 | location 5453 | Added on Sunday, 27 October 2024 10:04:53

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The Notebook (Roland Allen)

- Your Bookmark on page 454 | location 5460 | Added on Sunday, 27 October 2024 10:17:30

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The Notebook (Roland Allen)

- Your Bookmark on page 455 | location 5468 | Added on Sunday, 27 October 2024 10:27:22

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The Notebook (Roland Allen)

- Your Highlight on page 369 | location 4452-4455 | Added on Sunday, 27 October 2024 22:09:14

‘In my mind, things just come and go, constantly, and that doesn’t allow me to make progress. It’s one thing to have a notion, it’s another to really develop it… I make significantly more progress in my thinking when I have tools to process my thoughts and get them to another place. So note-making is an opportunity to interact with my thoughts that I wouldn’t naturally have.’

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The Notebook (Roland Allen)

- Your Bookmark on page 456 | location 5471 | Added on Sunday, 27 October 2024 22:19:03

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The Notebook (Roland Allen)

- Your Bookmark on page 457 | location 5493 | Added on Sunday, 27 October 2024 22:45:06

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The Notebook (Roland Allen)

- Your Bookmark on page 458 | location 5516 | Added on Monday, 28 October 2024 18:26:58

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The Notebook (Roland Allen)

- Your Highlight on page 424 | location 5104-5116 | Added on Monday, 28 October 2024 18:51:12

Imagine a human life to which no object brings cognitive affordances (psychologically speaking) or allows epistemic action (philosophically speaking): that is, life in a primitive world with nothing to help you think. No radios, no computers, certainly no smartphones – and no abacuses, no rulers, no books, no pen or ink. Such a life would be immeasurably poorer than ours, and you’d have to go a long way back – or into maximum-security solitary confinement – to encounter a human in that sad condition. But we can easily picture a world in which there are very few such things. What objects in the everyday life of an early medieval peasant allowed them to extend their minds? The parish Bible, a measuring stick or string, perhaps; the counting board in a shop, a dice game, a sundial. With such limited opportunities, it’s no surprise that this environment threw up so few thinkers of note, and that the church, with its near-complete monopoly over books and writing materials, attracted the most inquisitive souls. Now imagine how it must have felt to grow up in that world, and then to see pen and paper in use for the first time, making baffling ideas simple, defying memory’s inherent slipperiness, and allowing for complicated sums, lifelike drawings, gripping verse, lengthy memoirs, and surprising harmonies. You could say that the arrival of the notebook gave us a way to extend our minds, or you might go further, and say that it blew them completely. I see the story of Europe’s adventure with the notebook as one of enlargements – intellectual, economic, creative, emotional – as curious minds expanded to interact with, and fill, the blank pages that notebooks presented.

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The Bullet Journal Method (Ryder Carroll)

- Your Highlight on page 44 | location 520-525 | Added on Sunday, 3 November 2024 23:27:46

Another reason we use notebooks? Flexibility. Software tends to be either so powerful that its wealth of features is buried to all but the most intrepid explorers (think Excel) or so specific that it sacrifices features for increased usability, essentially doing few things very well (think mobile apps). In both cases, they force you to operate within a framework of their choosing. This is the main challenge with many productivity systems: They struggle to address the limitless variability and evolutionary nature of our individual needs. Notebooks, in contrast, are beholden to their authors. Their function is limited only by the imagination of their owner.

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The Bullet Journal Method (Ryder Carroll)

- Your Highlight on page 45 | location 532-534 | Added on Sunday, 3 November 2024 23:28:43

As Bullet Journalist Bert Webb put it: “As I do daily, weekly, and monthly reviews, leafing forward and backward in my Bullet Journal, my brain inevitably makes more links between ideas that I was not able to do when using my various separate digital tools.”

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The Bullet Journal Method (Ryder Carroll)

- Your Highlight on page 59 | location 653-658 | Added on Monday, 4 November 2024 22:35:49

As Bullet Journalist Ray Cheshire describes: “I’m a high school science teacher at a big inner-city school in the UK. Things can get a little hectic at times as we try to cram ever more stuff into our days. This is where Rapid Logging comes in. For example, we were told that an inspection was going to happen at very short notice, but thanks to Bullet Journaling, I quickly knew what I still had to do before the inspectors arrived.” Be it at home, school, or the workplace, Rapid Logging will help you organize the dizzying array of things you have to contend with on a daily basis.

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The Bullet Journal Method (Ryder Carroll)

- Your Bookmark on page 61 | location 675 | Added on Monday, 4 November 2024 22:43:21

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The Bullet Journal Method (Ryder Carroll)

- Your Bookmark on page 117 | location 1371 | Added on Wednesday, 6 November 2024 22:25:31

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The Bullet Journal Method (Ryder Carroll)

- Your Bookmark on page 152 | location 1748 | Added on Saturday, 9 November 2024 11:50:09

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The Bullet Journal Method (Ryder Carroll)

- Your Bookmark on page 159 | location 1844 | Added on Saturday, 9 November 2024 11:55:08

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The Bullet Journal Method (Ryder Carroll)

- Your Bookmark on page 283 | location 3333 | Added on Sunday, 10 November 2024 18:10:33

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The Bullet Journal Method (Ryder Carroll)

- Your Bookmark on page 291 | location 3373 | Added on Sunday, 10 November 2024 18:26:49

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Clear Thinking (Shane Parrish)

- Your Highlight on page xv | location 342-350 | Added on Monday, 11 November 2024 18:23:54

The greatest aid to judgment is starting from a good position. The company with cash on the balance sheet and low debt has nothing but good options to choose from. When bad times come, and they always do, their options go from good to great. On the other hand, a company with no cash and high debt has nothing but bad options to choose from. Things quickly go from bad to worse. And this example easily extends beyond the boardroom as well. Time is the friend of someone who is properly positioned and the enemy of someone poorly positioned. When you are well positioned, there are many paths to victory. If you are poorly positioned, there may be only one. You can think of this a bit like playing Tetris. When you play well, you have many options for where to put the next piece. When you play poorly, you need just the right piece. What a lot of people miss is that ordinary moments determine your position, and your position determines your options. Clear thinking is the key to proper positioning, which is what allows you to master your circumstances rather than be mastered by them. It doesn’t matter what position you find yourself in right now. What matters is whether you improve your position today.

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Clear Thinking (Shane Parrish)

- Your Highlight on page 5 | location 385-389 | Added on Monday, 11 November 2024 18:52:39

What I’ve learned from watching real people in action is that, just like the angry CEO, they’re often unaware circumstances are thinking for them. It’s as if we expect the inner voice in our head to say, “STOP! THIS IS A MOMENT WHEN YOU NEED TO THINK!” And because we don’t know we should be thinking, we cede control to our impulses. In the space between stimulus and response, one of two things can happen. You can consciously pause and apply reason to the situation. Or you can cede control and execute a default behavior.

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Clear Thinking (Shane Parrish)

- Your Highlight on page 47 | location 868-869 | Added on Monday, 11 November 2024 20:08:12

No one cares about your excuses as much as you do. In fact, no one cares about your excuses at all, except you.

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Clear Thinking (Shane Parrish)

- Your Highlight on page 48 | location 877-879 | Added on Monday, 11 November 2024 20:10:37

Not Your Fault? It’s Still Your Responsibility Just because something happened that was outside of your control doesn’t mean it’s not your responsibility to deal with it the best you can.

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Clear Thinking (Shane Parrish)

- Your Highlight on page 49 | location 883-885 | Added on Monday, 11 November 2024 20:11:57

Thinking about how it wasn’t your fault doesn’t make anything better. The consequences are still yours to deal with. Always focus on the next move, the one that gets you closer or further from where you want to go.

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Clear Thinking (Shane Parrish)

- Your Highlight on page 50 | location 904-908 | Added on Monday, 11 November 2024 20:14:25

You can’t control everything, but you can control your response, which makes circumstances better or worse. Each response has an impact on the future, taking you either a step closer to or a step further from the outcomes you want and the person you want to be. One effective question to ask yourself before you act is, “Will this action make the future easier or harder?”

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Clear Thinking (Shane Parrish)

- Your Highlight on page 107 | location 1561-1562 | Added on Tuesday, 12 November 2024 21:52:20

Creating personal rules is a powerful technique for protecting yourself from your own weaknesses and limitations. Sometimes those rules have surprising

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Clear Thinking (Shane Parrish)

- Your Highlight on page 107 | location 1558-1563 | Added on Tuesday, 12 November 2024 21:52:25

We’re taught our whole lives to follow rules, and yet no one ever told us about how we can create powerful rules that help us get what we want. I find it hard to go to the gym three days a week, so my rule is I go every day. I do not feel like going to the gym every day. In fact, some days I hate it. I also know it’s easier to follow my rule than to break it. When it comes to the gym, going every day is easier than going some days. Creating personal rules is a powerful technique for protecting yourself from your own weaknesses and limitations. Sometimes those rules have surprising benefits.

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Clear Thinking (Shane Parrish)

- Your Highlight on page 111 | location 1615-1617 | Added on Tuesday, 12 November 2024 21:57:12

I once had a coworker who was also a friend. One day he walked into my office with some news. “I figured out what I’m doing wrong,” he said. “I’m so busy trying to prove to everyone I’m right that I can’t see the world from their point of view.” The problem wasn’t that he wasn’t smart. He was. It wasn’t that he didn’t work hard. He did. The problem was that he couldn’t relate

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Clear Thinking (Shane Parrish)

- Your Highlight on page 111 | location 1615-1625 | Added on Tuesday, 12 November 2024 21:57:42

I once had a coworker who was also a friend. One day he walked into my office with some news. “I figured out what I’m doing wrong,” he said. “I’m so busy trying to prove to everyone I’m right that I can’t see the world from their point of view.” The problem wasn’t that he wasn’t smart. He was. It wasn’t that he didn’t work hard. He did. The problem was that he couldn’t relate to other people because he hadn’t even made any effort to see things through their eyes. Now he’d come to realize it himself and started to change his behavior. From that point on, whenever he discussed something with anyone at work, he would start by offering his impressions of how the other person saw things. Then he would ask, “What did I miss?” Asking this question is a clever move. It implies that he’s open to correction and gives the other person a chance to correct him. One of the deepest-rooted human instincts is to correct other people, so by asking this question, he makes it easy for the other person to engage with him. Then, if the other person does in fact correct him, it reveals to him which factors are most important to that person. When the other person is done answering that first question, my friend still doesn’t offer his own thoughts right away. He first asks a follow-up: “What else did I miss?” This approach to interpersonal

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Clear Thinking (Shane Parrish)

- Your Highlight on page 119 | location 1709-1711 | Added on Tuesday, 12 November 2024 22:12:34

Decisions are different from choices. If you casually select an option from a range of alternatives, you’ve made a choice. If you react without thinking, you’ve made an unconscious choice. But neither of these is the same as a decision. A decision is a choice that involves conscious thought.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page xiii | location 108-110 | Added on Thursday, 14 November 2024 21:55:28

The country folk watch them with suspicion from their plots of land, or the doors to their huts. They know from experience that only those who represent danger travel: soldiers, mercenaries, and slave traders.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 391 | location 6727 | Added on Thursday, 14 November 2024 22:20:11

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 392 | location 6756 | Added on Thursday, 14 November 2024 22:28:40

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The Bullet Journal Method (Ryder Carroll)

- Your Bookmark on page 135 | location 1541 | Added on Friday, 15 November 2024 23:35:16

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 34 | location 752-755 | Added on Saturday, 16 November 2024 18:52:38

The Library occupied an essential place in that small city of scholars. Few times in history has such a conscious and deliberate effort been made to bring the most brilliant minds of an era together in one place. And never before had the greatest thinkers had access to so many books, to the memory of previous knowledge, to the whispers of the past, with which to learn the profession of thinking.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 40 | location 842-845 | Added on Saturday, 16 November 2024 19:00:48

Let’s talk about you for a moment, the person reading these lines. Right now, with the book open in your hands, you are engaged in a mysterious, unsettling activity, though habit prevents you from being amazed. Think carefully. You are completely quiet, eyes moving over rows of letters made into meaning, that deliver ideas independent from the world now surrounding you. In other words, you have withdrawn to an inner chamber where absent voices speak, where there are ghosts only you can see (in this case,

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 40 | location 842-848 | Added on Saturday, 16 November 2024 19:01:01

Let’s talk about you for a moment, the person reading these lines. Right now, with the book open in your hands, you are engaged in a mysterious, unsettling activity, though habit prevents you from being amazed. Think carefully. You are completely quiet, eyes moving over rows of letters made into meaning, that deliver ideas independent from the world now surrounding you. In other words, you have withdrawn to an inner chamber where absent voices speak, where there are ghosts only you can see (in this case, my phantom self), and where the pace of time’s passage is the measure of your level of interest or boredom. You have created a parallel world like the illusion of cinema, a world that depends on you alone. At any moment, you can avert your gaze from these lines and return to the action and movement of the outside world. But in the meantime, you remain on the edge, in the place where you’ve chosen to be. There is an almost magical aura to the act of reading.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 56 | location 1111-1113 | Added on Saturday, 16 November 2024 19:46:20

The invention of the book is the story of a battle against time to improve the palpable, practical characteristics—lifespan, cost, durability, weight—of the physical format of texts. Every step forward, no matter how negligible it might seem, meant greater hope for the life of words.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 57 | location 1131-1137 | Added on Saturday, 16 November 2024 19:50:46

The papyrus scroll represented extraordinary progress in the history of the book. The Jews, Greeks, and Romans adopted it with such enthusiasm that in the end they all considered it a feature of their own culture. Compared with tablets, sheets of papyrus are a fine, light, flexible material, and a large quantity of text can be stored in a very small space when they are rolled up. A scroll of the usual dimensions could contain an entire Greek tragedy, a brief dialogue by Plato, or a Gospel. This meant a prodigious step forward in the effort to preserve the products of ancient thought and imagination. Papyrus scrolls relegated tablets to secondary status (for notes, drafts, and other texts with short-term uses). They were like sheets of paper rejected by the printer, the scraps we use to make lists of items we won’t end up crossing off or give to children for them to draw on.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 58 | location 1157-1165 | Added on Saturday, 16 November 2024 19:57:03

Ptolemy launched a fierce counterattack on Eumenes. He halted the supply of papyrus to Eumenes’s kingdom, to vanquish the enemy library by depriving it of the best writing material in existence. The measure might have been devastating, but much to the vengeful king’s frustration, the embargo instigated a great step forward that would also immortalize the name of his enemy. Pergamum responded by perfecting the ancient Eastern technique of writing on animal skin, a practice that up to that point had been secondary and local. In memory of the city that made its use widespread, the improved product was called, in Latin, pergamena, which later became “parchment” in English. A few centuries later, this discovery would alter both the appearance and the future of books. Parchment was made from calfskin, sheepskin, and goatskin. Craftsmen would soak the skins in a bath of lime for several weeks before pulling them tautly over a wooden frame to dry. The stretching process aligned the skin’s fibers, creating a smooth surface that was later scraped until the parchment was as white, beautiful, and thin as desired.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 63 | location 1233-1235 | Added on Saturday, 16 November 2024 20:06:52

As I ran my fingers over the codex’s pages, the idea came to my mind that this marvelous parchment once covered the back of an animal whose throat had later been slit. In just a few weeks, livestock could go from living in the pasture, stable, or sty to becoming a page in a Bible.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 77 | location 1466-1469 | Added on Saturday, 16 November 2024 21:57:35

In the second half of the eighth century BC, a new invention silently began to transform the world, inciting a peaceful revolution that would bring radical change to memory, language, creative expression, the way we organize thought, and our relationship to authority, knowledge, and the past. The changes were slow but momentous. After the alphabet, nothing was ever the same again.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 77 | location 1476-1482 | Added on Saturday, 16 November 2024 22:02:32

In the earliest days, poems were born in the spoken word and traveled by oral routes, but some bards learned the alphabet and began to transcribe them on sheets of papyrus (or to dictate them) as a passport to the future. Perhaps some of them became aware at the time of the startling implications of that boldness. Writing the poems down meant fixing the text forever in a single form. In books, words are made as solid as glass. Writers had to choose the most beautiful possible version of the songs to survive all others. Until that moment, the oral poem was a living organism that grew and changed, but writing would calcify it. Elevating only one version of the story meant sacrificing all others, but at the same time, it meant saving it from being destroyed and forgotten.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 395 | location 7067 | Added on Saturday, 16 November 2024 22:37:32

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 94 | location 1758-1765 | Added on Sunday, 17 November 2024 20:22:56

The next step was to draw abstract ideas. On primitive Sumerian tablets, a cross described enmity, two parallel lines, friendship, a duck with an egg, fertility. I like to imagine our ancestors savoring the excitement of capturing their thoughts for the first time, when they discovered that love, hate, terror, discouragement, and hope could be put in writing. They soon encountered a problem: too many drawings were needed to give an account of the outer and inner worlds—from fleas to clouds, toothache to fear of dying. The number of symbols increased without end, overloading the memory. The solution was one of humanity’s greatest strokes of genius. It was simple, original, and had incalculable consequences: to stop drawing representations of things and ideas, which are infinite, and start drawing the sounds of words, which make up a limited range. Thus, through a series of simplifications, letters arrived. By combining letters, we have achieved the most perfect script for language, and the most enduring.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 99 | location 1848-1855 | Added on Sunday, 17 November 2024 20:35:04

Experts believe that the invention of the Greek alphabet wasn’t an anonymous process in the hands of a nameless, faceless collective. It was a deliberate and individual act of intelligence that required immense auditory sophistication to identify the basic parts—consonants and vowels—that make up words. A single achievement carried out at a specific time, in a single place. There is no indication in the history of Greek writing of a gradual transition from a less to a more complete system. Nor is there any trace of intermediate forms, attempts made, vacillations or retreats. There was simply an anonymous wise man—we’ll never know who—frequenting taverns till dawn, a friend to foreign sailors in some place lapped by the sea’s waves who dared to forge the words of the future, giving shape to all the letters we use.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 396 | location 7150 | Added on Sunday, 17 November 2024 22:25:51

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 397 | location 7205 | Added on Sunday, 17 November 2024 22:46:20

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 132 | location 2392-2393 | Added on Monday, 18 November 2024 19:25:23

For example, the true but now forgotten name of Plato was Aristocles. Today we only know him by what seems to have been his gymnasium nickname, Plato, meaning “broad back” in Greek. The philosopher

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Highlight on page 132 | location 2392-2394 | Added on Monday, 18 November 2024 19:25:27

For example, the true but now forgotten name of Plato was Aristocles. Today we only know him by what seems to have been his gymnasium nickname, Plato, meaning “broad back” in Greek. The philosopher must have been very proud of his wrestling skills on the sand.

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 399 | location 7400 | Added on Monday, 18 November 2024 21:33:10

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 400 | location 7456 | Added on Monday, 18 November 2024 21:49:02

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 400 | location 7486 | Added on Monday, 18 November 2024 22:01:24

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 401 | location 7600 | Added on Tuesday, 19 November 2024 21:33:22

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 402 | location 7688 | Added on Tuesday, 19 November 2024 21:52:45

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 403 | location 7775 | Added on Tuesday, 19 November 2024 22:15:39

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 404 | location 7946 | Added on Wednesday, 20 November 2024 18:41:05

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 407 | location 8241 | Added on Wednesday, 20 November 2024 22:13:49

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 408 | location 8354 | Added on Thursday, 21 November 2024 22:25:40

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 409 | location 8441 | Added on Thursday, 21 November 2024 22:52:28

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Papyrus - The invention of books in the ancient world (Irene Vallejo)

- Your Bookmark on page 411 | location 8643 | Added on Friday, 22 November 2024 18:09:22

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Slow Productivity (Cal Newport)

- Your Bookmark on page 227 | location 2976 | Added on Saturday, 23 November 2024 21:20:48

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Slow Productivity (Cal Newport)

- Your Bookmark on page 227 | location 2976 | Added on Saturday, 23 November 2024 21:54:59

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Slow Productivity (Cal Newport)

- Your Bookmark on page 228 | location 3006 | Added on Saturday, 23 November 2024 21:55:18

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Slow Productivity (Cal Newport)

- Your Highlight on page 130 | location 1572-1577 | Added on Sunday, 24 November 2024 11:14:05

detailed a vision of how I wanted the next half decade to unfold. I would, I decided, find a way to keep publishing books while a graduate student. I wanted to leave MIT as an established author with multiple titles to my name, even if this would require periods of stress and uncertainty along the way. This long-term plan kept me returning to my writing goals time and again. But equally important, it gave me the breathing room I needed to feel comfortable even when progress wasn’t immediately being made. Because my vision was established on the scale of multiple years, I could tolerate busy periods in which academic demands left little room for writing. I could also tolerate extended interludes between books, during which I questioned what I wanted to write next.

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Slow Productivity (Cal Newport)

- Your Highlight on page 132 | location 1603-1604 | Added on Sunday, 24 November 2024 11:16:58

A key tenet of slow productivity is that grand achievement is built on the steady accumulation of modest results over time. This path is long. Pace yourself.

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Slow Productivity (Cal Newport)

- Your Bookmark on page 231 | location 3244 | Added on Sunday, 24 November 2024 11:53:05

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The Bullet Journal Method (Ryder Carroll)

- Your Highlight on page 66 | location 759-761 | Added on Saturday, 30 November 2024 22:56:45

Things that you need to do (Tasks) Your experiences (Events) Information you don’t want to forget (Notes)

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The Bullet Journal Method (Ryder Carroll)

- Your Bookmark on page 65 | location 755 | Added on Saturday, 30 November 2024 22:56:55

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The Bullet Journal Method (Ryder Carroll)

- Your Bookmark on page 67 | location 765 | Added on Saturday, 30 November 2024 22:59:25

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The Bullet Journal Method (Ryder Carroll)

- Your Highlight on page 129 | location 1487-1488 | Added on Sunday, 1 December 2024 21:30:37

Create a “Bullet Journal Method” Collection in your notebook. As you read, Rapid Log whatever comes to mind using the Bullets

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The Bullet Journal Method (Ryder Carroll)

- Your Highlight on page 129 | location 1487-1488 | Added on Sunday, 1 December 2024 21:30:43

Create a “Bullet Journal Method” Collection in your notebook.

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The Gap and The Gain (Benjamin Hardy)

- Your Highlight on page 32 | location 296-297 | Added on Sunday, 1 December 2024 22:37:37

You’re in the GAP every time you measure yourself or your situation against an ideal.

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The Gap and The Gain (Benjamin Hardy)

- Your Bookmark on page 220 | location 2415 | Added on Sunday, 1 December 2024 22:52:41

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The Gap and The Gain (Benjamin Hardy)

- Your Highlight on page 52 | location 515-516 | Added on Monday, 2 December 2024 20:32:26

When you’re in the GAP, your happiness is tied to something outside of yourself, a moving and unreachable target. When you’re in the GAP, you

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The Gap and The Gain (Benjamin Hardy)

- Your Highlight on page 52 | location 515-517 | Added on Monday, 2 December 2024 20:32:31

When you’re in the GAP, your happiness is tied to something outside of yourself, a moving and unreachable target. When you’re in the GAP, you have an unhealthy attachment to something external.

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The Gap and The Gain (Benjamin Hardy)

- Your Highlight on page 65 | location 664-669 | Added on Monday, 2 December 2024 20:52:23

Something Dan Sullivan has noticed in coaching tens of thousands of entrepreneurs since 1974—over 47 years!—is that most of them are mentally “here” but wanting to be “there.” It really doesn’t matter where they are now and how great their lives are, they continually wish they were “there.” Many high achievers have a hard time being “here.” And although it’s great to have goals and vision and be driven, you’re in the GAP if you’re “here” but wishing you were “there.”

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The Gap and The Gain (Benjamin Hardy)

- Your Highlight on page 126 | location 1353-1359 | Added on Monday, 2 December 2024 22:00:04

By training these soccer players to stay in the GAIN, and by focusing on the highest-leverage metrics they could control (mindset and endurance), the team started winning. In fact, during the first half of the year, they lost all their games. During the second half of the year, they won all their games. And they ended up winning the NCAA Division II Championship that year! They literally won the championship with a very simple strategy: they gave themselves 5 minutes in the GAP, and then shifted immediately to the GAIN. Once they framed their experience as a GAIN, they moved on to the next practice, then the next practice, then the next game.

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The Gap and The Gain (Benjamin Hardy)

- Your Highlight on page 141 | location 1514-1516 | Added on Tuesday, 3 December 2024 19:06:10

When you draw on a memory, you always do so from the perspective of your present self. Psychologists call memory a “reconstruction,” because it is always reconstructed based on your present views, which influence how you see and perceive past events.

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The Gap and The Gain (Benjamin Hardy)

- Your Highlight on page 141 | location 1519-1528 | Added on Tuesday, 3 December 2024 19:07:03

It matters because without being conscious and intentional, you can easily “forget” or lose sight of your former GAINS. You can forget what you previously struggled with and overcame. You can take for granted how far you’ve come, ignore your progress, and miss out on the confidence of remembering where you were. This is why it is incredibly powerful and important to keep journals, records, or “annual reviews.” Like Jill, you can look back and be reminded of the easily forgotten past. You can be reminded that the “normal life” you’re now living may be the dreams—or even beyond the dreams—of your former self. MOVE TOWARD WHAT’S GROWING “Your increasing sense of individual uniqueness makes you aware of everything and everyone that’s rigidly opposed to any kind of growth.

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The Gap and The Gain (Benjamin Hardy)

- Your Highlight on page 141 | location 1520-1525 | Added on Tuesday, 3 December 2024 19:07:14

You can forget what you previously struggled with and overcame. You can take for granted how far you’ve come, ignore your progress, and miss out on the confidence of remembering where you were. This is why it is incredibly powerful and important to keep journals, records, or “annual reviews.” Like Jill, you can look back and be reminded of the easily forgotten past. You can be reminded that the “normal life” you’re now living may be the dreams—or even beyond the dreams—of your former self.

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The Gap and The Gain (Benjamin Hardy)

- Your Highlight on page 166 | location 1808-1811 | Added on Tuesday, 3 December 2024 20:04:15

Research shows that creativity is primed just following sleep, especially after REM-based quality sleep.12,13,14,15 While Waitzkin journals in the

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The Gap and The Gain (Benjamin Hardy)

- Your Highlight on page 166 | location 1808-1809 | Added on Tuesday, 3 December 2024 20:04:20

Research shows that creativity is primed just following sleep, especially after REM-based quality sleep.

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The Gap and The Gain (Benjamin Hardy)

- Your Bookmark on page 166 | location 1815 | Added on Tuesday, 3 December 2024 20:05:15

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The Gap and The Gain (Benjamin Hardy)

- Your Bookmark on page 179 | location 1962 | Added on Tuesday, 3 December 2024 20:13:23

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The Bullet Journal Method (Ryder Carroll)

- Your Bookmark on page 252 | location 2888 | Added on Wednesday, 4 December 2024 21:14:59

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The Company (Stephen Bown)

- Your Bookmark on page viii | location 51 | Added on Saturday, 7 December 2024 18:51:15

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The Company (Stephen Bown)

- Your Bookmark on page 435 | location 6520 | Added on Saturday, 7 December 2024 23:50:38

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The Company (Stephen Bown)

- Your Highlight on page 79 | location 1206-1210 | Added on Sunday, 8 December 2024 22:51:50

the Royal Navy come to the Company’s defence. The squadron consisted of the fifty-two-gun warship Hampshire, under Captain John Fletcher, and two heavily armed Company supply ships, Royal Hudson’s Bay and Dering, with another sixty-two guns between them. D’Iberville, trapped between the enemy squadron and the cannons at the fort, had little room to manoeuvre. As he always did, he decided

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The Company (Stephen Bown)

- Your Bookmark on page 436 | location 6540 | Added on Sunday, 8 December 2024 22:55:53

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The Company (Stephen Bown)

- Your Bookmark on page 439 | location 6606 | Added on Monday, 9 December 2024 22:55:38

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The Company (Stephen Bown)

- Your Bookmark on page 132 | location 1948 | Added on Tuesday, 10 December 2024 22:05:51

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The Company (Stephen Bown)

- Your Bookmark on page 167 | location 2497 | Added on Tuesday, 10 December 2024 22:35:53

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The Company (Stephen Bown)

- Your Bookmark on page 442 | location 6693 | Added on Tuesday, 10 December 2024 22:49:54

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The Company (Stephen Bown)

- Your Bookmark on page 444 | location 6728 | Added on Wednesday, 11 December 2024 22:56:20

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The Company (Stephen Bown)

- Your Bookmark on page 450 | location 6889 | Added on Saturday, 14 December 2024 22:31:02

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The Company (Stephen Bown)

- Your Bookmark on page 454 | location 6971 | Added on Sunday, 15 December 2024 23:17:50

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 165 | location 2454 | Added on Monday, 16 December 2024 20:03:03

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 165 | location 2476 | Added on Monday, 16 December 2024 20:09:20

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Highlight on page 12 | location 249-254 | Added on Monday, 16 December 2024 20:18:06

Some may consider what we post on social media to be no more than “trash.” But trash is in fact among the richest sources of information about ancient cultures. Temples and monuments may tell us much about the elites that governed ancient civilizations, yet they disclose little about the everyday lives of the ordinary people who lived under them. What people consider mundane, by contrast, is often rich with information about their daily lives. Moreover, due to the ubiquity of the internet and its worldwide reach, we have, maybe for the first time ever, an opportunity to create a historical record that genuinely reflects the diversity of human life,

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Highlight on page 12 | location 249-255 | Added on Monday, 16 December 2024 20:18:12

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Highlight on page 12 | location 249-255 | Added on Monday, 16 December 2024 20:18:30

Some may consider what we post on social media to be no more than “trash.” But trash is in fact among the richest sources of information about ancient cultures. Temples and monuments may tell us much about the elites that governed ancient civilizations, yet they disclose little about the everyday lives of the ordinary people who lived under them. What people consider mundane, by contrast, is often rich with information about their daily lives. Moreover, due to the ubiquity of the internet and its worldwide reach, we have, maybe for the first time ever, an opportunity to create a historical record that genuinely reflects the diversity of human life, not just the select (male) elite that has dominated the records left to us by our forebears.

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Highlight on page 14 | location 271-273 | Added on Monday, 16 December 2024 20:19:37

“Digital information lasts forever—or five years, whichever comes first,” as phrased by digital preservationist Jeff Rothenberg.

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Highlight on page 17 | location 317-319 | Added on Tuesday, 17 December 2024 18:47:24

The unknown beings of the world outside the womb become parents, siblings, friends, or enemies only in reference to their past actions. It is by relating today to yesterday that we anticipate tomorrow, and only by anticipation can we make meaning and take command.

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 166 | location 2512 | Added on Tuesday, 17 December 2024 18:51:26

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Highlight on page 21 | location 376-380 | Added on Tuesday, 17 December 2024 18:55:19

Contemporary nomadic tribes, like Bedouins, put little effort into burial.8 Bodies are generally covered with an anonymous heap of sand or stone and then abandoned. Only rarely are the dead spoken of thereafter.9 This custom has stayed roughly the same for hundreds, perhaps thousands,

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Highlight on page 21 | location 376-380 | Added on Tuesday, 17 December 2024 18:55:23

Contemporary nomadic tribes, like Bedouins, put little effort into burial.8 Bodies are generally covered with an anonymous heap of sand or stone and then abandoned. Only rarely are the dead spoken of thereafter.9 This custom has stayed roughly the same for hundreds, perhaps thousands, of years.

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 167 | location 2547 | Added on Tuesday, 17 December 2024 18:58:29

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 44 | location 712 | Added on Tuesday, 17 December 2024 19:31:34

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 170 | location 2665 | Added on Tuesday, 17 December 2024 19:33:53

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Highlight on page 50 | location 807-816 | Added on Wednesday, 18 December 2024 19:02:53

Well, when i was 4, my dad bought a trusty xBox. you know, the first, ruggedy, blocky one from 2001. we had tons and tons and tons of fun playing all kinds of games together—until he died, when i was just 6. i couldnt touch that console for 10 years. but once i did, i noticed something. we used to play a racing game, Rally Sports Challenge. actually pretty awesome for the time it came. and once i started meddling around . . . i found a GHOST. literaly. you know, when a time race happens, that the fastest lap so far gets recorded as a ghost driver? yep, you guessed it—his ghost still rolls around the track today. and so i played and played, and played, untill i was almost able to beat the ghost. until one day i got ahead of it, i surpassed it, and . . . ~ i stopped right in front of the finish line, just to ensure i wouldnt delete it. Bliss.

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 172 | location 2729 | Added on Wednesday, 18 December 2024 19:13:07

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 172 | location 2758 | Added on Wednesday, 18 December 2024 20:00:38

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Highlight on page 77 | location 1194-1197 | Added on Wednesday, 18 December 2024 20:03:20

What were their lives, dreams, desires like? We will never know. Most striking is the absence of named women in history. According to English historian Bettany Hughes, women account for only 0.5 percent of the historical individuals whose names we know, despite representing 50 percent of our ancestors.

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 173 | location 2816 | Added on Thursday, 19 December 2024 19:23:09

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 174 | location 2850 | Added on Thursday, 19 December 2024 19:37:01

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 175 | location 2876 | Added on Friday, 20 December 2024 09:45:20

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 175 | location 2910 | Added on Friday, 20 December 2024 09:50:05

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 176 | location 2936 | Added on Friday, 20 December 2024 09:53:53

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 177 | location 2961 | Added on Friday, 20 December 2024 10:06:00

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Bookmark on page 177 | location 2989 | Added on Friday, 20 December 2024 10:47:17

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The Afterlife of Data - What Happens to Your Information (Carl hman)

- Your Highlight on page 148 | location 2248-2250 | Added on Friday, 20 December 2024 10:54:15

7 It is to realize that the data you produce today will come into the hands of someone else tomorrow. On a personal level, this means taking responsibility for your online presence beyond your lifetime.

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Dominion - The Railway and the Rise of Canada (Stephen Bown)

- Your Bookmark on page vii | location 76 | Added on Tuesday, 24 December 2024 20:14:12

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Dominion - The Railway and the Rise of Canada (Stephen Bown)

- Your Bookmark on page viii | location 81 | Added on Tuesday, 24 December 2024 20:16:31

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Dominion - The Railway and the Rise of Canada (Stephen Bown)

- Your Highlight on page 59 | location 907-909 | Added on Tuesday, 24 December 2024 22:25:08

In the absence of overarching authority by any Indigenous polity, the British government feared the entire territory would become subsumed by the American Empire as it crept west. Indeed, the only obstacle

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Dominion - The Railway and the Rise of Canada (Stephen Bown)

- Your Highlight on page 61 | location 934-935 | Added on Tuesday, 24 December 2024 22:37:32

macdonald had an unlikely ally in his nation-building dream, a prominent and outspoken Victoria resident who advocated for union with the Canadas and went by the unusually evocative name of Amor De Cosmos.

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Dominion - The Railway and the Rise of Canada (Stephen Bown)

- Your Bookmark on page 356 | location 5174 | Added on Tuesday, 24 December 2024 22:53:17

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Dominion - The Railway and the Rise of Canada (Stephen Bown)

- Your Bookmark on page 359 | location 5346 | Added on Wednesday, 25 December 2024 21:09:55

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Dominion - The Railway and the Rise of Canada (Stephen Bown)

- Your Bookmark on page 367 | location 5654 | Added on Thursday, 26 December 2024 19:15:14

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Dominion - The Railway and the Rise of Canada (Stephen Bown)

- Your Highlight on page 303 | location 4312-4317 | Added on Thursday, 26 December 2024 20:53:39

Dewdney was also fond of feathering his own nest, so to speak. Since he was given the choice of where to situate the new capital of the North-West Territories, why not allow for a little self-interest to direct his decision, he reasoned. There were several obvious options, such as Fort Qu’Appelle, or even keeping it where it was initially located, at Battleford. But Dewdney had speculated in land in a region where the CPR line was likely to be placed, a dry, undistinguished patch of prairie, not even on a lake or river, known to the Cree as Pile of Bones, after of its most distinguishing feature. So in 1882 he renamed it Regina and commenced the construction of government buildings, pleased with the increase in value of his land.

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Dominion - The Railway and the Rise of Canada (Stephen Bown)

- Your Bookmark on page 400 | location 7394 | Added on Thursday, 26 December 2024 22:38:12

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Herodotus

- Your Highlight on page 43-43 | Added on Saturday, 28 December 2024 21:55:15

Greek philosophers (giving the root of our word "aetiology"). Readers of modern historiography take for granted that this "why" question will be asked in any account of a major war and that answers will be sought in underlying social, political, and economic factors. But such a question was not obvious in an age when armed conflict among nations was as normal a process as corporate competition in today's business world. Homer, for instance, had never bothered to account for the cause of the Trojan War in the Iliad, beyond placing Helen, the adulterous wife of the Greek king Menelaus, inside the walls of Troy with her lover Paris. But Herodotus does not accept the notion that a single face might launch a thousand ships, as he indicates in his dismissive treatment of the Persian rape-myths he catalogues in his opening chapters

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Herodotus

- Your Highlight on page 34-34 | Added on Saturday, 28 December 2024 22:07:49

To understand the revolutionary nature of Herodotus's achievement, it is important to recognize the paltry status of prose in Greece up until his time. Ever since the Greeks had adapted the Phoenician alphabet for their own use, in the late eighth century, they had set down all their most lofty and enduring thoughts in verse. Poetry, or potesis in Greek, was synonymous with creation, being derived from the verb poied, meaning "make, form." By contrast there was for a long time no Greek term to denote prose, until finally in the fourth century we find it referred to as psilos logos, "naked language" (lacking the decorous "clothing" supplied by meter), or as pedzos logos, "language that walks on foot" (as opposed to riding in poetry's winged chariot). That is, when prose finally comes to be defined as a literary medium, nearly four centuries after the advent of writing, it is characterized simply as the absence of poetry and therefore as a second-class or demotic form of

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Herodotus

- Your Highlight on page 34-34 | Added on Saturday, 28 December 2024 22:08:05

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Herodotus

- Your Highlight on page 35-35 | Added on Saturday, 28 December 2024 22:08:24

14 FROM HOMER TO HERODOTUS expression (the term pedzos, "walking on foot/' has important connotations of social class because it also refers in military parlance to "the infantry," a lower social order than the highborn cavalry

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Herodotus

- Your Highlight on page 35-35 | Added on Saturday, 28 December 2024 22:08:29

expression (the term pedzos, "walking on foot/' has important connotations of social class because it also refers in military parlance to "the infantry," a lower social order than the highborn cavalry

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Herodotus

- Your Note on page 34 | Added on Saturday, 28 December 2024 22:10:04

It's weird to think about prose having to be invented and powtry was the default medium.

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Herodotus

- Your Highlight on page 43-43 | Added on Saturday, 28 December 2024 22:10:58

Readers of modern historiography take for granted that this "why" question will be asked in any account of a major war and that answers will be sought in underlying social, political, and economic factors. But such a question was not obvious in an age when armed conflict among nations was as normal a process as corporate competition in today's business world. Homer, for instance, had never bothered to account for the cause of the Trojan War in the Iliad, beyond placing Helen, the adulterous wife of the Greek king Menelaus, inside the walls of Troy with her lover Paris. But Herodotus does not accept the notion that a single face might launch a thousand ships, as he indicates in his dismissive treatment of the Persian rape-myths he catalogues in his opening chapters.

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Herodotus

- Your Note on page 43 | Added on Saturday, 28 December 2024 22:12:32

Another Insight i just take for granted. Asking why. They, the Greeks, just took war for granted

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Herodotus

- Your Highlight on page 123-123 | Added on Sunday, 29 December 2024 22:49:51

In all this, Herodotus, remarkably enough, seems neither to have felt any threat to his own national pride, nor to have taken steps to deflect any that might be felt by his audience. It is clear that his visit (or visits) to Egypt had made a deep impression on him

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Herodotus

- Your Highlight on page 135-135 | Added on Monday, 30 December 2024 17:57:58

ANY WRITER OF HISTORY MUST ALSO BE, TO SOME DEGREE, THE teller of a story; indeed, the word "story" originated as an abbreviated form of "history," and the

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Herodotus

- Your Highlight on page 135-135 | Added on Monday, 30 December 2024 17:58:04

ANY WRITER OF HISTORY MUST ALSO BE, TO SOME DEGREE, THE teller of a story; indeed, the word "story" originated as an abbreviated form of "history," and the two words remain fused in Italian storia and French histoire

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Material World (Ed Conway)

- Your Bookmark on page 445 | location 6239 | Added on Saturday, 4 January 2025 22:07:12

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Material World (Ed Conway)

- Your Highlight on page 14 | location 177-177 | Added on Sunday, 5 January 2025 22:23:13

world. Mix sand and small stones with cement,

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Material World (Ed Conway)

- Your Bookmark on page 446 | location 6282 | Added on Sunday, 5 January 2025 22:55:56

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Material World (Ed Conway)

- Your Highlight on page 42 | location 552-557 | Added on Monday, 6 January 2025 06:38:10

Glass, in other words, was a foundational innovation, a general purpose technology like the wheel or the steam engine or the silicon chip. This magical product was important not just for what it was but for what it enabled us to do—to make further leaps of imagination and feats of invention. Indeed, it continues to play that role even today. The internet is mostly a mesh of information transmitted through glass wires and, as you’ll see later on in this section, without glass we would be unable to make the brains of the most advanced computers. Not bad for something that is ultimately just melted sand.

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Material World (Ed Conway)

- Your Highlight on page 65 | location 878-888 | Added on Monday, 6 January 2025 07:13:27

It’s hard to overstate the significance of this innovation. All modern communication these days goes, one way or another, via optical fibre. As we waft around the world waving devices that connect wirelessly to local or phone networks it’s easy to convince ourselves that we have dematerialised the information age. Yet none of this—video calls, internet searches, email, cloud servers, streaming box sets—would be possible without something very physical indeed. For, save for the final few yards—between you and your router or between your home and the local exchange—pretty much every mile travelled by data online occurs as beams of light on strands of glass. An optical fibre is essentially a long wire made of glass, or rather two long glass wires, one inside the other—an inner core to transmit the information and an outer layer of glass to keep that light bouncing, refracting, onwards in the fibre rather than escaping. Creating one of these strands entails forging a thick two-layer tube, which looks like a giant glass canister—a preform, as it’s known—and stretching it under intense heat until it’s a nearly hair-thin diameter. Kao’s discovery back in the 1960s was that light could be sent long distances down these fibres provided the glass was clear enough.

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Material World (Ed Conway)

- Your Bookmark on page 447 | location 6306 | Added on Monday, 6 January 2025 22:28:14

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Material World (Ed Conway)

- Your Bookmark on page 449 | location 6354 | Added on Monday, 6 January 2025 22:33:18

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Material World (Ed Conway)

- Your Highlight on page 78 | location 1062-1068 | Added on Monday, 6 January 2025 22:39:57

While the terms are sometimes used interchangeably, concrete and cement are not quite the same thing. The simplest way to put it is that cement is the magic ingredient, the glue, that sticks concrete together. The cement itself is a powder formed when you roast and crush limestone or chalk along with clay, sand and, occasionally, some other additives such as iron oxide. When you add water, the calcium and silicon in the cement react with it to form a gloopy grey gel, inside of which are millions of microscopic stony tendrils. These tendrils, crystals of calcium silicate hydrate, grow and mesh and spread their fingers throughout the gel, locking in the water and forming a kind of skeletal stone-like structure. Add some gravel and sand to the initial mix and, rather than just bonding to themselves, these tendrils will glue themselves around the stone and sand too, creating concrete. Liquid stone. A rock you

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Material World (Ed Conway)

- Your Highlight on page 78 | location 1062-1068 | Added on Monday, 6 January 2025 22:40:03

While the terms are sometimes used interchangeably, concrete and cement are not quite the same thing. The simplest way to put it is that cement is the magic ingredient, the glue, that sticks concrete together. The cement itself is a powder formed when you roast and crush limestone or chalk along with clay, sand and, occasionally, some other additives such as iron oxide. When you add water, the calcium and silicon in the cement react with it to form a gloopy grey gel, inside of which are millions of microscopic stony tendrils. These tendrils, crystals of calcium silicate hydrate, grow and mesh and spread their fingers throughout the gel, locking in the water and forming a kind of skeletal stone-like structure. Add some gravel and sand to the initial mix and, rather than just bonding to themselves, these tendrils will glue themselves around the stone and sand too, creating concrete. Liquid stone. A rock you can pour.

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Material World (Ed Conway)

- Your Highlight on page 79 | location 1076-1079 | Added on Monday, 6 January 2025 22:41:51

Yet so too is concrete. Since it is ultimately just reconstituted grains of sand and stone, glued into a new stony formation with the help of that lime, it too is made from local grains. Lay your hand on a concrete block in Manchester and you are likely touching gravel and rocks from the Peak District. Concrete in New York often began its life as sand from Jamaica Bay in Long Island. London’s concrete has an even more mystical backstory, since much of the sand and aggregate used to make it is scraped up from a shallow-lying sandbank in the North Sea called Dogger

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Material World (Ed Conway)

- Your Highlight on page 79 | location 1076-1079 | Added on Monday, 6 January 2025 22:41:56

Yet so too is concrete. Since it is ultimately just reconstituted grains of sand and stone, glued into a new stony formation with the help of that lime, it too is made from local grains. Lay your hand on a concrete block in Manchester and you are likely touching gravel and rocks from the Peak District. Concrete in New York often began its life as sand from Jamaica Bay in Long Island. London’s concrete has an even more mystical backstory, since much of the sand and aggregate used to make it is scraped up from a shallow-lying sandbank in the North Sea called Dogger Bank.

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Material World (Ed Conway)

- Your Bookmark on page 450 | location 6378 | Added on Monday, 6 January 2025 22:52:34

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Material World (Ed Conway)

- Your Bookmark on page 451 | location 6427 | Added on Wednesday, 8 January 2025 22:26:26

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Material World (Ed Conway)

- Your Highlight on page 101 | location 1392-1392 | Added on Wednesday, 8 January 2025 22:41:42

The upshot, however, is that the now-molten

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Material World (Ed Conway)

- Your Bookmark on page 452 | location 6453 | Added on Thursday, 9 January 2025 22:52:50

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Material World (Ed Conway)

- Your Bookmark on page 453 | location 6475 | Added on Friday, 10 January 2025 19:15:23

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Material World (Ed Conway)

- Your Highlight on page 194 | location 2696-2697 | Added on Friday, 10 January 2025 22:31:21

There is a phrase you sometimes hear: if it’s not grown, it’s mined. Salt, however, is a substance we mine to help us grow—to provide the fertilisers for our crops and the building blocks for our drugs.

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Material World (Ed Conway)

- Your Bookmark on page 456 | location 6551 | Added on Saturday, 11 January 2025 03:11:34

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Material World (Ed Conway)

- Your Highlight on page 199 | location 2732-2736 | Added on Saturday, 11 January 2025 03:14:44

Steel, they reason—as they glance at photos of blast furnaces where workers in heatproof overalls pour out hot, liquid metal—is surely a thing of the past. Yet ponder our use of iron and steel (an alloy of iron and carbon) and you very quickly see how nonsensical that idea is. These are the ultimate metals—indeed, they constitute nearly all the metals in our world. And think for a moment about what metals actually are. While concrete and stone are brittle and prone to cracking and shattering, the atomic structure of metals lends itself to a kind of toughness combined with malleability. They can be cast and

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Material World (Ed Conway)

- Your Highlight on page 199 | location 2732-2737 | Added on Saturday, 11 January 2025 03:14:53

Steel, they reason—as they glance at photos of blast furnaces where workers in heatproof overalls pour out hot, liquid metal—is surely a thing of the past. Yet ponder our use of iron and steel (an alloy of iron and carbon) and you very quickly see how nonsensical that idea is. These are the ultimate metals—indeed, they constitute nearly all the metals in our world. And think for a moment about what metals actually are. While concrete and stone are brittle and prone to cracking and shattering, the atomic structure of metals lends itself to a kind of toughness combined with malleability. They can be cast and hammered into shapes and, most essentially of all, into tools.

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Material World (Ed Conway)

- Your Highlight on page 199 | location 2740-2743 | Added on Saturday, 11 January 2025 03:15:57

Iron was not the first metal we learned to smelt (as you’ll see in the following section) but these days it is the archetypal one, accounting for roughly 95 per cent of all the metal we produce and use. Indeed, it’s so fundamental to our lives that it is just as good a measure of living standards as GDP.

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Material World (Ed Conway)

- Your Highlight on page 200 | location 2749-2753 | Added on Saturday, 11 January 2025 03:17:03

Iron is the bones of our society. We build bridges and buildings from it, we use it to reinforce concrete, we turn it into cars and build data centres out of it. We used it to fashion tools and equipment thousands of years ago, and we use it to fashion tools and equipment today, whether it is the rails upon which a high-speed train will ride or the frames of advanced machines that etch the patterns on to silicon chips. No other metal is quite so useful, with quite the same combination of strength, durability and availability.

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Material World (Ed Conway)

- Your Highlight on page 201 | location 2762-2763 | Added on Saturday, 11 January 2025 03:18:07

Iron and Steel The vast majority of that is turned into steel, which, despite its name, is simply one of many varieties of iron.

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Material World (Ed Conway)

- Your Highlight on page 223 | location 3074-3079 | Added on Saturday, 11 January 2025 13:15:57

One burgeoning business in those days was the production of alum—a chemical that would help make clothes dyes colourfast. Rocks containing the prized substance were located on the cliffs of North Yorkshire close to Boulby, but the refining process involved soaking and stewing the ground-up rock in gallons of urine—far more than could be sourced locally. A sophisticated supply chain subsequently sprang up, on which, it is rumoured, Captain James Cook found his sea legs. Coal ships from Newcastle would return north laden with stinking wee, collected from the lavatories of London. This is thought to be the origin of the phrase “taking the piss.”

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Material World (Ed Conway)

- Your Highlight on page 224 | location 3098-3103 | Added on Saturday, 11 January 2025 13:19:29

This was not just an industrial revolution, but a material revolution and, most of all, an energy revolution—the first great energy transition, with humankind shifting from wood and charcoal power to fossil power. By the beginning of the nineteenth century, most of the industries in Britain were powered by coal. This was, it’s worth saying, quite unique. In 1800, 95 per cent of Britain’s energy came from coal; at the very same point, almost all of France’s energy—over 90 per cent—still came from burning wood. No longer was Britain yoked to the organic limitations of how many trees could be grown on its landmass. And around this time, its income per capita, which for most of history had been more or less the same as France’s, began to soar.

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Material World (Ed Conway)

- Your Highlight on page 224 | location 3098-3104 | Added on Saturday, 11 January 2025 13:19:34

This was not just an industrial revolution, but a material revolution and, most of all, an energy revolution—the first great energy transition, with humankind shifting from wood and charcoal power to fossil power. By the beginning of the nineteenth century, most of the industries in Britain were powered by coal. This was, it’s worth saying, quite unique. In 1800, 95 per cent of Britain’s energy came from coal; at the very same point, almost all of France’s energy—over 90 per cent—still came from burning wood. No longer was Britain yoked to the organic limitations of how many trees could be grown on its landmass. And around this time, its income per capita, which for most of history had been more or less the same as France’s, began to soar. By the early nineteenth century it was 80 per cent richer than France.

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Material World (Ed Conway)

- Your Highlight on page 226 | location 3131-3136 | Added on Saturday, 11 January 2025 13:23:56

Here we run smack bang into the same lesson we learned from concrete: what makes steel a mainstay of the Material World? Not merely that it is very good at doing what it does, but that it is both very good and very cheap. That cheapness—which means steel is a vanishing part of our GDP statistics—is its secret weapon. Back in 1810 Americans spent roughly the same proportion of their national income on iron nails as they do today on computers. Today steel nails cost next to nothing—while being far superior to their iron predecessors—meaning we have more money to spend on, well, computers.[9

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Material World (Ed Conway)

- Your Bookmark on page 236 | location 3279 | Added on Saturday, 11 January 2025 23:49:20

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Material World (Ed Conway)

- Your Bookmark on page 458 | location 6630 | Added on Saturday, 11 January 2025 23:54:16

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Material World (Ed Conway)

- Your Bookmark on page 460 | location 6683 | Added on Sunday, 12 January 2025 22:26:12

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Material World (Ed Conway)

- Your Bookmark on page 461 | location 6706 | Added on Sunday, 12 January 2025 22:50:12

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Material World (Ed Conway)

- Your Bookmark on page 463 | location 6753 | Added on Sunday, 12 January 2025 23:06:14

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Material World (Ed Conway)

- Your Bookmark on page 464 | location 6777 | Added on Sunday, 12 January 2025 23:21:29

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Material World (Ed Conway)

- Your Bookmark on page 465 | location 6801 | Added on Monday, 13 January 2025 21:32:12

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Material World (Ed Conway)

- Your Bookmark on page 466 | location 6852 | Added on Tuesday, 14 January 2025 22:03:08

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Material World (Ed Conway)

- Your Highlight on page 317 | location 4427-4433 | Added on Tuesday, 14 January 2025 22:20:30

There are many other oilfields around the world, but none of them ticks these boxes quite as enthusiastically as Ghawar. Berg had discovered a geological wonder, a place as significant for hydrocarbons as the Pilbara is for iron ore and the Andean foothills of Chile and Peru are for copper. If Saudi Arabia is the single most important country in the crude oil business—and at the time of writing it is certainly still regarded that way—then Ghawar is comfortably its single most important field, accounting for more than half of every barrel of oil produced in Saudi since the beginning of the oil age. No other oilfield on earth—nor for that matter any coal pit, any uranium mine or nuclear plant, any wind or solar farm, however massive—produces as much of this planet’s energy.

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Material World (Ed Conway)

- Your Bookmark on page 467 | location 6876 | Added on Tuesday, 14 January 2025 22:36:24

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Material World (Ed Conway)

- Your Highlight on page 331 | location 4617-4623 | Added on Tuesday, 14 January 2025 22:41:58

This is more of a challenge for most other refineries, which tend to be equipped to deal with quite specific types of crude. That might sound like a technicality, but for an example of how it shapes the modern world, consider the current predicament in the United States. Most American refineries are set up for the kinds of heavy, sour crudes you get from Canada, Mexico and Venezuela. That made sense when it looked as if the U.S. was running out of domestic oil, but then came the shale oil revolution. American shale oil, it turns out, is typically light and high quality, meaning it is not best-suited for domestic refineries. The upshot is that while arithmetically America is energy independent—producing far more oil than it consumes—in practice it is anything but. It must keep sucking in heavy oils from elsewhere to feed its refineries while sending Texan crude off to Europe and Asia to be refined.

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Material World (Ed Conway)

- Your Bookmark on page 469 | location 6930 | Added on Wednesday, 15 January 2025 18:49:04

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Material World (Ed Conway)

- Your Highlight on page 345 | location 4826-4838 | Added on Wednesday, 15 January 2025 18:50:04

For the story of crude oil goes hand-in-hand with the story of the modern consumer age. The more oil plants like Wesseling refined, the more by-products they were left with to sell on for other uses, which mostly meant plastics, pharmaceuticals, fertilisers and the panoply of other petrochemical products. That these products have become cheap, disposable and ubiquitous is precisely because of the staggering amount of oil processed by refineries, primarily for gasoline and diesel. When people talk about how the motor car changed the world, they are invariably referring to what it meant for personal independence, for freight and for mobility, but this is only half of the story. For, barrel by barrel, refiners and the motorists buying their petrol were quite literally fuelling another sector altogether. The vast majority of hydrocarbons still end up in the tanks of vehicles, and most natural gas is used to generate power and heat. Yet the remaining 10 per cent—the by-product of refining oil and gas—plays a disproportionate role in our lives. These products clothe us and feed us. They help keep us clean and healthy, and are embedded in the vast majority of items available for purchase today. They are among the newest human creations we know, yet it is impossible to imagine the world without them. They help us conserve energy but they are produced from a fossil fuel. Clean yet dirty, commonplace but extraordinary, the most interesting thing about petrochemicals is how little time most of us spend thinking about them. But they are everywhere.

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Material World (Ed Conway)

- Your Highlight on page 347 | location 4853-4854 | Added on Wednesday, 15 January 2025 18:51:33

With the world’s population projected to surpass 10 billion later in this century, we will have to produce more food in the next four decades than all farmers have in the past 8,000 years. And

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Material World (Ed Conway)

- Your Highlight on page 365 | location 5108-5111 | Added on Wednesday, 15 January 2025 19:06:54

While oil is considerably more energy-dense than most types of coal, better-equipped to fuel internal combustion engines, gas is better still at turning fuel into power. Today’s gas turbines are the very best energy convertors in existence, which helps make gas the most efficient and least pollutive of all fossil fuels. Were China to shift all its coal-fired power stations on to gas, then the world would immediately be on track to hit its climate goals.

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Material World (Ed Conway)

- Your Bookmark on page 470 | location 6954 | Added on Wednesday, 15 January 2025 19:07:45

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Material World (Ed Conway)

- Your Bookmark on page 471 | location 6980 | Added on Wednesday, 15 January 2025 22:30:54

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Material World (Ed Conway)

- Your Bookmark on page 472 | location 7002 | Added on Thursday, 16 January 2025 22:45:25

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 292 | location 4777 | Added on Friday, 17 January 2025 22:49:35

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 295 | location 4813 | Added on Saturday, 18 January 2025 13:06:24

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 295 | location 4832 | Added on Saturday, 18 January 2025 13:10:57

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 296 | location 4851 | Added on Saturday, 18 January 2025 13:14:13

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 24 | location 603-604 | Added on Saturday, 18 January 2025 13:14:55

In the Americas and in Australia (lacking any draft animals and any simple mechanical prime movers), all work before the arrival of Europeans is done by human muscles.

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 298 | location 4891 | Added on Saturday, 18 January 2025 13:24:16

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 29 | location 674-676 | Added on Saturday, 18 January 2025 13:26:27

And when put in terms of physical labor, it is as if 60 adults would be working non-stop, day and night, for each average person; and for the inhabitants of affluent countries this equivalent of steadily laboring adults would be, depending on the specific country, mostly between 200 and 240. On average, humans

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 28 | location 666-677 | Added on Saturday, 18 January 2025 13:26:47

To get an even clearer picture of the magnitude of these changes, we should express these rates in per capita terms. The global population rose from 1 billion in 1800 to 1.6 billion in 1900 and 6.1 billion in the year 2000, and hence the supply of useful energy rose (all values in gigajoules per capita) from 0.05 in 1800 to 2.7 in 1900 and to about 28 in the year 2000. China’s post-2000 rise on the world stage was the main reason for a further increase in the global rate to about 34 GJ/capita by 2020. An average inhabitant of the Earth nowadays has at their disposal nearly 700 times more useful energy than their ancestors had at the beginning of the 19th century. Moreover, within a lifetime of people born just after the Second World War the rate had more than tripled, from about 10 to 34 GJ/capita between 1950 and 2020. Translating the last rate into more readily imaginable equivalents, it is as if an average Earthling has every year at their personal disposal about 800 kilograms (0.8 tons, or nearly six barrels) of crude oil, or about 1.5 tons of good bituminous coal. And when put in terms of physical labor, it is as if 60 adults would be working non-stop, day and night, for each average person; and for the inhabitants of affluent countries this equivalent of steadily laboring adults would be, depending on the specific country, mostly between 200 and 240. On average, humans now have unprecedented amounts of energy at their disposal.

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 30 | location 687-689 | Added on Saturday, 18 January 2025 13:28:34

Energy conversions are the very basis of life and evolution. Modern history can be seen as an unusually rapid sequence of transitions to new energy sources, and the modern world is the cumulative result of their conversions.

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 31 | location 702-704 | Added on Saturday, 18 January 2025 13:29:42

Simply put, energy is the only truly universal currency, and nothing (from galactic rotations to ephemeral insect lives) can take place without its transformations.

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 33 | location 739-749 | Added on Saturday, 18 January 2025 13:49:31

There is no better way to answer the question “what is energy?” than by referring to one of the most insightful physicists of the 20th century—to the protean mind of Richard Feynman, who (in his famous Lectures on Physics) tackled the challenge in his straightforward manner, stressing that “energy has a large number of different forms, and there is a formula for each one. These are: gravitational energy, kinetic energy, heat energy, elastic energy, electrical energy, chemical energy, radiant energy, nuclear energy, mass energy.” And then comes this disarming but indubitable conclusion: It is important to realize that in physics today, we have no knowledge of what energy is. We do not have a picture that energy comes in little blobs of a definite amount. It is not that way. However, there are formulas for calculating some numerical quantity, and when we add it all together it gives … always the same number. It is an abstract thing in that it does not tell us the mechanism or the reasons for the various formulas.30 And

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 33 | location 739-749 | Added on Saturday, 18 January 2025 13:49:45

There is no better way to answer the question “what is energy?” than by referring to one of the most insightful physicists of the 20th century—to the protean mind of Richard Feynman, who (in his famous Lectures on Physics) tackled the challenge in his straightforward manner, stressing that “energy has a large number of different forms, and there is a formula for each one. These are: gravitational energy, kinetic energy, heat energy, elastic energy, electrical energy, chemical energy, radiant energy, nuclear energy, mass energy.” And then comes this disarming but indubitable conclusion: It is important to realize that in physics today, we have no knowledge of what energy is. We do not have a picture that energy comes in little blobs of a definite amount. It is not that way. However, there are formulas for calculating some numerical quantity, and when we add it all together it gives … always the same number. It is an abstract thing in that it does not tell us the mechanism or the reasons for the various formulas.30

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 300 | location 4930 | Added on Saturday, 18 January 2025 13:56:22

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 36 | location 791-805 | Added on Saturday, 18 January 2025 14:00:38

Energy is a scalar, which in physics is a quantity described only by its magnitude; volume, mass, density, time, and speed are other ubiquitous scalars. Power measures energy per unit of time and hence it is a rate (in physics, a rate measures change, commonly per time). Establishments that generate electricity are commonly called power plants—but power is simply the rate of energy production or energy use. Power equals energy divided by time: in scientific units, it is watts = joules/seconds. Energy equals power multiplied by time: joules = watts × seconds. If you light a small votive candle in a Roman church, it might burn for 15 hours, converting the chemical energy of wax to heat (thermal energy) and light (electromagnetic energy) with an average power of nearly 40 watts.34 Unfortunately, even engineering publications often write about a “power station generating 1,000 MW of electricity,” but that is impossible. A generating station may have installed (rated) power of 1,000 megawatts—that is, it can produce electricity at that rate—but when doing so it would generate 1,000 megawatt-hours or (in basic scientific units) 3.6 trillion joules in an hour (1,000,000,000 watts × 3,600 seconds). Analogically, an adult man’s basal metabolic rate (the energy required at complete rest to run the body’s essential functions) is about 80 watts, or 80 joules per second; lying prone all day a 70-kilogram man would still need about 7 megajoules (80 × 24 × 3,600) of food energy, or about 1,650 kilocalories, to maintain his body temperature, energize his beating heart, and run myriad enzymatic reactions.35

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 301 | location 4949 | Added on Saturday, 18 January 2025 14:13:33

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 302 | location 4970 | Added on Saturday, 18 January 2025 14:16:26

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 44 | location 908-909 | Added on Saturday, 18 January 2025 23:01:40

Feynman, is “that abstract thing,” then electricity is one of its most abstract forms. You don’t need a scientific understanding to have

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 304 | location 5010 | Added on Saturday, 18 January 2025 23:11:27

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 305 | location 5031 | Added on Saturday, 18 January 2025 23:18:32

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 307 | location 5070 | Added on Saturday, 18 January 2025 23:22:12

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 308 | location 5088 | Added on Sunday, 19 January 2025 09:44:41

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 63 | location 1197-1202 | Added on Sunday, 19 January 2025 09:53:12

The fundamental energy conversion producing our food has not changed: as always, we are eating, whether directly as plant foods or indirectly as animal foodstuffs, products of photosynthesis—the biosphere’s most important energy conversion, powered by solar radiation. What has changed is the intensity of our crop, and animal, production: we could not harvest such abundance, and in such a highly predictable manner, without the still-rising inputs of fossil fuels and electricity. Without these anthropogenic energy subsidies, we could not have supplied 90 percent of humanity with adequate nutrition and we could not have reduced global malnutrition to such a degree, while simultaneously steadily decreasing the amount of time and the area of cropland needed to feed one person.

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 67 | location 1266-1268 | Added on Sunday, 19 January 2025 10:01:34

Many people nowadays admiringly quote the performance gains of modern computing (“so much data”) or telecommunication (“so much cheaper”)—but what about harvests? In two centuries, the human labor to produce a kilogram of American wheat was reduced from 10 minutes to less than two seconds.

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 310 | location 5145 | Added on Sunday, 19 January 2025 10:15:05

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 312 | location 5188 | Added on Sunday, 19 January 2025 11:38:27

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 77 | location 1418-1420 | Added on Sunday, 19 January 2025 11:45:01

Given that vegans extol eating plants, and that the media have reported extensively on the high environmental cost of meat, you might think that gains in the energy cost of chicken have been surpassed by those in the cultivation and

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 77 | location 1418-1420 | Added on Sunday, 19 January 2025 11:45:11

Given that vegans extol eating plants, and that the media have reported extensively on the high environmental cost of meat, you might think that gains in the energy cost of chicken have been surpassed by those in the cultivation and marketing of vegetables. You would be mistaken to think that.

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 314 | location 5226 | Added on Sunday, 19 January 2025 11:53:43

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 83 | location 1510-1513 | Added on Sunday, 19 January 2025 11:56:10

So, the evidence is inescapable: our food supply—be it staple grains, clucking birds, favorite vegetables, or seafood praised for its nutritious quality—has become increasingly dependent on fossil fuels. This fundamental reality is commonly ignored by those who do not try to understand how our world really works and who are now predicting rapid decarbonization. Those same people would be

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 83 | location 1510-1513 | Added on Sunday, 19 January 2025 11:56:15

So, the evidence is inescapable: our food supply—be it staple grains, clucking birds, favorite vegetables, or seafood praised for its nutritious quality—has become increasingly dependent on fossil fuels. This fundamental reality is commonly ignored by those who do not try to understand how our world really works and who are now predicting rapid decarbonization.

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 315 | location 5243 | Added on Sunday, 19 January 2025 11:58:52

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 85 | location 1549-1552 | Added on Sunday, 19 January 2025 11:59:47

without synthetic fertilizers and without other agrochemicals? Could we return to purely organic cropping, relying on recycled organic wastes and natural pest controls, and could we do without engine-powered irrigation and without field machinery by bringing back draft animals? We could, but purely organic farming would

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 85 | location 1550-1552 | Added on Sunday, 19 January 2025 11:59:53

Could we return to purely organic cropping, relying on recycled organic wastes and natural pest controls, and could we do without engine-powered irrigation and without field machinery by bringing back draft animals? We could, but purely organic farming would require most of us to abandon cities, resettle villages, dismantle central animal feeding operations, and bring all animals

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 85 | location 1550-1553 | Added on Sunday, 19 January 2025 12:00:09

Could we return to purely organic cropping, relying on recycled organic wastes and natural pest controls, and could we do without engine-powered irrigation and without field machinery by bringing back draft animals? We could, but purely organic farming would require most of us to abandon cities, resettle villages, dismantle central animal feeding operations, and bring all animals back to farms to use them for labor and as sources of manure.

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 316 | location 5263 | Added on Sunday, 19 January 2025 12:05:02

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 317 | location 5281 | Added on Sunday, 19 January 2025 12:07:31

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 319 | location 5320 | Added on Sunday, 19 January 2025 12:10:02

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 320 | location 5337 | Added on Monday, 20 January 2025 18:38:19

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 321 | location 5380 | Added on Monday, 20 January 2025 18:42:18

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 107 | location 1882-1886 | Added on Monday, 20 January 2025 19:05:10

This dependence easily justifies calling the Haber-Bosch synthesis of ammonia perhaps the most momentous technical advance in history. Other inventions, as William Crookes correctly judged, minister to our comforts, convenience, luxury, wealth, or productivity, and others yet save our lives from premature death and chronic disease—but without the synthesis of ammonia, we could not ensure the very survival of large shares of today’s and tomorrow’s population.

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How the World Really Works (Vaclav Smil)

- Your Highlight on page 108 | location 1888-1892 | Added on Monday, 20 January 2025 19:06:08

synthetic nitrogen feeds half of humanity—or, everything else being equal, half of the world’s population could not be sustained without synthetic nitrogenous fertilizers. But the share would be lower if the affluent world converted to the largely meatless Indian diet, and it would be higher if the entire world ate as well as the Chinese do today, to say nothing about the universal adoption of the American diet.25 We could also reduce our dependence on nitrogenous fertilizers by cutting our food waste (as we saw earlier) and by using the fertilizers more efficiently.

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 322 | location 5400 | Added on Monday, 20 January 2025 19:06:52

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 327 | location 5499 | Added on Monday, 20 January 2025 19:15:49

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 331 | location 5602 | Added on Monday, 20 January 2025 19:25:39

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 334 | location 5634 | Added on Monday, 20 January 2025 19:37:18

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The Pillars of the Earth (Ken Follett)

- Your Bookmark at location 1779 | Added on Monday, 20 January 2025 22:19:33

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 335 | location 5655 | Added on Wednesday, 22 January 2025 21:28:30

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 335 | location 5675 | Added on Wednesday, 22 January 2025 21:31:10

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 345 | location 5880 | Added on Wednesday, 22 January 2025 21:35:14

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 346 | location 5902 | Added on Wednesday, 22 January 2025 22:55:26

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 348 | location 5938 | Added on Wednesday, 22 January 2025 22:58:20

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 363 | location 6249 | Added on Thursday, 23 January 2025 21:14:45

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 364 | location 6266 | Added on Thursday, 23 January 2025 21:30:39

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 366 | location 6304 | Added on Thursday, 23 January 2025 21:33:13

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The Pillars of the Earth (Ken Follett)

- Your Bookmark at location 2870 | Added on Thursday, 23 January 2025 22:21:31

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The Pillars of the Earth (Ken Follett)

- Your Bookmark at location 3209 | Added on Thursday, 23 January 2025 22:53:47

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The Pillars of the Earth (Ken Follett)

- Your Bookmark at location 3238 | Added on Thursday, 23 January 2025 22:56:44

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 367 | location 6319 | Added on Friday, 24 January 2025 20:26:43

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How the World Really Works (Vaclav Smil)

- Your Bookmark on page 368 | location 6336 | Added on Friday, 24 January 2025 20:31:09

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Oil A Beginners Guide (Vaclav Smil)

- Your Highlight on page 109 | location 1448-1449 | Added on Tuesday, 28 January 2025 19:26:32

Only about 20% of diamonds are sold to the jewellery trade; most of the rest go into drilling for hydrocarbons and metallic ores.

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Oil A Beginners Guide (Vaclav Smil)

- Your Note on page 109 | location 1449 | Added on Tuesday, 28 January 2025 19:27:13

Diamond Fact I did not know.

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Energy A Human History (Richard Rhodes)

- Your Bookmark at location 7071 | Added on Sunday, 2 February 2025 20:45:56

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Energy A Human History (Richard Rhodes)

- Your Highlight at location 146-147 | Added on Sunday, 2 February 2025 20:48:00

flowed in battle.7 It carried its sails on no fewer than twenty-three masts,

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Energy A Human History (Richard Rhodes)

- Your Highlight at location 975-978 | Added on Monday, 3 February 2025 21:17:36

(Today these changes are called changes of state. When heat is added to a material, the material either changes temperature or changes state—from ice to water, from water to steam, and generally from solid, to liquid, to gas—and the “missing” heat represents the work necessary to overcome the atomic forces resisting the change. Steam at atmospheric pressure occupies a volume some 1,700 times as great as the water it came from, for example: latent heat represents

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Energy A Human History (Richard Rhodes)

- Your Highlight at location 975-978 | Added on Monday, 3 February 2025 21:17:41

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Frostbite (Nicola Twilley)

- Your Bookmark on page 329 | location 5039 | Added on Tuesday, 4 February 2025 22:45:42

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Energy A Human History (Richard Rhodes)

- Your Highlight at location 3296-3297 | Added on Friday, 7 February 2025 19:33:46

The free energy of sunlight lifts water vapor into the air, from which it falls as rain or snow. Power from falling water harnesses that free energy: hydropower is an obvious first choice for generating electricity.

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Frostbite (Nicola Twilley)

- Your Highlight on page 28 | location 436-439 | Added on Friday, 7 February 2025 21:33:58

There is no such thing as cold, in that it’s not a thing or a force or a property that exists and is measurable in its own right. Cold is, as Descartes speculated, the absence of heat; cooling is thus the sensation of loss as heat is transferred elsewhere. Building a fridge doesn’t involve the creation of cold, as I’d imagined—it’s simply a matter of

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Frostbite (Nicola Twilley)

- Your Highlight on page 28 | location 436-439 | Added on Friday, 7 February 2025 21:34:03

There is no such thing as cold, in that it’s not a thing or a force or a property that exists and is measurable in its own right. Cold is, as Descartes speculated, the absence of heat; cooling is thus the sensation of loss as heat is transferred elsewhere. Building a fridge doesn’t involve the creation of cold, as I’d imagined—it’s simply a matter of finding a way to move heat from inside a container to outside.

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Frostbite (Nicola Twilley)

- Your Highlight on page 35 | location 540-542 | Added on Friday, 7 February 2025 21:49:47

Food spoilage is clearly a matter of perspective: biodegradation is terrific, except where our dinner is concerned. Perishable foods such as fish, meat, milk, and produce are simply more vulnerable to rot, and succumb to it more quickly, than other organic matter. Packed with nourishment and water, they are as perfectly equipped to promote growth in microbes as in humans.

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Frostbite (Nicola Twilley)

- Your Highlight on page 46 | location 716-719 | Added on Saturday, 8 February 2025 08:40:24

The problem is that, while we have been able to add heat to food at will ever since our Stone Age ancestors first gained control of fire, we have not been able to reliably remove it for much more than a century. We have been dependent, instead, on the vagaries of naturally occurring cold—the chill of an underground cave or cellar, breeze-borne evaporative cooling, and the fleeting, counterseasonal frost of stored snow and ice.

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Frostbite (Nicola Twilley)

- Your Bookmark on page 335 | location 5137 | Added on Saturday, 8 February 2025 09:37:34

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Frostbite (Nicola Twilley)

- Your Highlight on page 68 | location 1044-1044 | Added on Sunday, 9 February 2025 10:59:43

In his 1912 book, The Wayside Inns

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Frostbite (Nicola Twilley)

- Your Highlight on page 68 | location 1044-1044 | Added on Sunday, 9 February 2025 10:59:47

In his 1912 book, The Wayside Inns on the Lancaster Roadside between Philadelphia and Lancaster,

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Frostbite (Nicola Twilley)

- Your Highlight on page 81 | location 1246-1248 | Added on Sunday, 9 February 2025 11:21:23

“Irish agricultural incomes were dependent on the British price of beef,” economist David McWilliams has argued. “The arrival of cheap meat from the River Plate was the biggest change to Irish agriculture ever. It also changed Irish politics forever.”

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 9 | location 164-166 | Added on Sunday, 9 February 2025 22:44:48

Counterintuitively, money is valuable not when it is scarce but when it is abundant. In this sense, money resembles another wondrous human technology: language. Both money and language are crowd phenomena. Like language, the more people who use money, the more valuable it becomes.

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The Pillars of the Earth (Ken Follett)

- Your Bookmark at location 13698 | Added on Tuesday, 11 February 2025 20:59:30

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Frostbite (Nicola Twilley)

- Your Bookmark on page 350 | location 5374 | Added on Tuesday, 11 February 2025 22:44:48

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Frostbite (Nicola Twilley)

- Your Highlight on page 187 | location 2896-2897 | Added on Wednesday, 12 February 2025 21:40:55

Nearly two-thirds of all fruit and vegetables produced in the world are eaten in a different country from the one in which they were grown.

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Frostbite (Nicola Twilley)

- Your Bookmark on page 356 | location 5463 | Added on Wednesday, 12 February 2025 22:13:37

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 19 | location 270-271 | Added on Saturday, 15 February 2025 22:24:17

Demographers of the ancient world put the planet’s human population at around 4 million in 10,000 BCE. Five thousand years later, that population had only increased

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 19 | location 270-272 | Added on Saturday, 15 February 2025 22:24:23

Demographers of the ancient world put the planet’s human population at around 4 million in 10,000 BCE. Five thousand years later, that population had only increased to 5 million, the growth slowed by devastating pandemics.

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Money A Story of Humanity (David McWilliams)

- Your Note on page 19 | location 270 | Added on Saturday, 15 February 2025 22:25:55

This surprises me!

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 22 | location 303-305 | Added on Saturday, 15 February 2025 22:30:01

The granary, one of the most important institutions in any ancient city, regulated the supply of grain and thereby the supply of money, much like a modern-day central bank.

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Money A Story of Humanity (David McWilliams)

- Your Note on page 22 | location 305 | Added on Saturday, 15 February 2025 22:30:33

This is why it was such a big deal in civilisation

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 24 | location 330-331 | Added on Saturday, 15 February 2025 22:40:02

With debt came the notion of the value of time, and with this came the concept of the price of money: the rate of interest.

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 24 | location 332-333 | Added on Saturday, 15 February 2025 23:19:29

The price of money The rate of interest turned money into a commodity itself, which could be traded, lent and borrowed with its own price.

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 24 | location 332-335 | Added on Saturday, 15 February 2025 23:20:07

The price of money The rate of interest turned money into a commodity itself, which could be traded, lent and borrowed with its own price. The development of the rate of interest was an enormous leap forward because it allowed us to connect our present economic reality to some imagined future scenario.

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Money A Story of Humanity (David McWilliams)

- Your Note on page 24 | location 334 | Added on Saturday, 15 February 2025 23:21:13

Interest turns money into a commodity.

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 32 | location 440-441 | Added on Saturday, 15 February 2025 23:40:50

With interest, money becomes dynamic: silver as money is worth more than silver as jewellery because, when lent out, it can earn interest, and interest is income. With the Sumerians, money was actually making more money.

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 34 | location 468-468 | Added on Saturday, 15 February 2025 23:51:36

Babylonians as ornamentation. But the Lydians did something new. They smelted

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 37 | location 499-503 | Added on Sunday, 16 February 2025 00:07:51

Given that a single coin in the hand of a prince has the same value as a single coin in the hand of a commoner, coins went some small way towards loosening the grip of the ruling class. This idea of universal value, where a coin has the same value whoever spends it, is an important social development. Prior to coins, if you were born poor, you died poor. The advent of coinage marked the beginning of a move towards social mobility for a tiny minority. If you could acquire coins, you could acquire status.7

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 38 | location 520-521 | Added on Sunday, 16 February 2025 00:46:07

Before the Lydian Empire, the amount of money available in any kingdom was a result of the foundational crops and conquest. With their revolutionary coins, the Lydians broke the link between nature’s seasonal cycles and money, creating an autonomous supply of gold tokens.

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 41 | location 556-563 | Added on Sunday, 16 February 2025 00:50:19

state monopoly on money created two distinct players in the new monetary economy: there was the ‘issuer’ of money – the state – and the ‘users’ of money – the people. You and I are users of money, not issuers. You might love to be an issuer, and believe me, my children think that I am one, but we are not. We are users. Users try to save, accumulate and, most critically, budget. We can run out of money. We regularly do. We work to get it, exchanging hours of our time for money. The issuer doesn’t need to do this. The power of issuing legal money is vested in the state. Within the borders of the state, we are obliged to use the currency that is issued by that state. We can’t use the dollar in a euro country and vice versa. We might try to counterfeit money but we’ll probably end up in prison. The state, on the other hand, can issue as much as it wants, an enormous power, arguably the most significant any state has beyond the ability to declare war.

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Money A Story of Humanity (David McWilliams)

- Your Highlight on page 48 | location 651-652 | Added on Sunday, 16 February 2025 09:09:35

A financially literate citizen thinks very differently to a financially illiterate one.

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