

@birazesra sevgilisi uzundur, erkek kısadır, “boy bunda da var” anlamında alabilir, belki. abii, ne yazarsan olur abi konferansı <https://t.co/fcIcenwgVN> ş yazınca çıkıyor, ğ yazınca çıkıyor, eskiden ş yazardık, karşı tarafa başka bir şey giderdi, ğ yerine izlanda dilinden schwa kullanırdık. bir süre sonra alışıyordu insan gerçi.

sanıyorsunuz ki bunlar hep kendiliğinden oldu. <https://t.co/0cqy64sMb7> @kalebozankarlo hocam yeni isminiz güzel olmuş ama böyle tivitler atarsanız pek manası kalmaz. biliyorsunuz biz erkekler hijyen konusunda pek dikkatli değilizdir. :)) ————— “The reason startup founders can safely be nice is that making great things is compounded, and rapacity isn’t.”

Why It’s Safe for Founders to Be Nice

January 11, 2018 at 06:53AM

via Instapaper <http://ift.tt/1F5I09O>

“Why does creativity generally tend to decline as we age? One reason may be that as we grow older, we know more. That’s mostly an advantage, of course. But it also may lead us to ignore evidence that contradicts what we already think. We become too set in our ways to change.”

Opinion | What Happens to Creativity as We Age?

January 11, 2018 at 06:56AM

via Instapaper <http://ift.tt/2wrogmD>

“Bu denli cahil insanların hakikatle başa çıkmasına imkân yok, elbette yenilmeye mahkûmdurlar diyorsun. Ama işin tuhaf ve acıklı tarafı, cehaletin sağladığı bir garip dokunulmazlık var: yenildiğini bilemeyecek kadar cahil olan adamı yenemezsin. Hakikati tanımamayı sanat haline getirmiş birini hakikat zeminine çekemezsin”

Post - truth

January 10, 2018 at 02:49PM

via Instapaper <http://ift.tt/2CPbn5X>

”Although Khaled’s claims may seem outlandish, he is in fact leveraging a powerful psychological hack: scapegoating. The practice of imagining a villain that’s conspiring against us, scapegoating can be an effective way to motivate ourselves and change our behaviors. Of course, as history has shown, terrible things can happen when people act on baseless conspiracy theories. But sometimes the antidote is in the venom.

Khaled isn’t the first to use the technique. In The War of Art, Steven Pressfield uses an entity he calls “Resistance” to describe the force conspiring against

creative output. “Most of us have two lives,” Pressfield writes. “The life we live, and the unlive life within us. Between the two stands Resistance.” Throughout his book Pressfield reminds readers, “Resistance is always plotting against you.”

The author and game designer Jane McGonigal described a similar conspiracy of bad guys in her book *SuperBetter*. McGonigal blames villains like “Mrs. Volcano” and “Snuff the Tragic Dragon” when she loses her temper with her kids or feels self-pity.

Khaled, Pressfield, and McGonigal know that “they,” “Resistance,” and the “bad guys” don’t actually exist. For Khaled, that’s the joke that powers the meme. If Khaled were to point a finger at a real group of people intent on sabotaging him, such as an ethnic group or a particular corporate entity, his scapegoating wouldn’t be funny—it would be malicious.”

How to Achieve Your Goals By Creating an Enemy

January 9, 2018 at 02:20PM

via Instapaper <http://ift.tt/2wmtigP>

“Heidegger simply strayed from his true path for a brief period in the early 1930s, quickly recognized his error, and distanced himself from National Socialism thereafter. Following the end of the Second World War, Heidegger himself, somewhat disingenuously, was only too happy to perpetuate that particular myth as part of what has come to be known as the ‘official story’. However, one of the things that becomes painfully clear as one begins to work through his private notebooks, is just how obsessed Heidegger had become with the political situation in Germany (in the period leading up to the Rectorship in particular), and just how keen he was to contribute to a genuine cultural and political ‘awakening’ as the spiritual leader of the Nazi movement.”

Ponderings II-VI: Black Notebooks 1931-1938 by Martin Heidegger | Issue 121 | Philosophy Now

January 5, 2018 at 03:19PM

via Instapaper <http://ift.tt/2tzfrmr>

“If used correctly, scapegoating can be a powerful tool for resisting temptation and sticking to hard goals. It can also be dangerous and backfire if used incorrectly. Assigning blame is a kind of psychological defense mechanism that frees us from uncomfortable feelings when bad things happen out of our control, or when we don’t want to accept that we are responsible for our own problems. Nothing can be done when bad things happen as a result of circumstances truly beyond our control. But we’re often more powerful than we think we are when it comes to our own behavior. Studies have found that people who believe that temptations control them are much more likely to give in. As long as we

target the behavior at the root of the problem, creating an imaginary enemy—projecting our struggle onto the scapegoat—can make us feel more powerful and help us resist temptation or achieve our goals.”

How to Achieve Your Goals By Creating an Enemy

January 10, 2018 at 02:47PM

via Instapaper <http://ift.tt/2wmtigP>

“I told him not to worry about it, because so long as he built something good enough to spread by word of mouth, he’d have a hyperlinear growth curve. If he was bad at extracting money from people, at worst this curve would be some constant multiple less than 1 of what it might have been. But a constant multiple of any curve is exactly the same shape. The numbers on the Y axis are smaller, but the curve is just as steep, and when anything grows at the rate of a successful startup, the Y axis will take care of itself.”

Why It’s Safe for Founders to Be Nice

January 11, 2018 at 06:52AM

via Instapaper <http://ift.tt/1F5I09O>

““From decades of research on learning and behavior, we know that the shorter the time between reinforcements (rewards), the stronger the drive to complete that behavior and gain the reward.”

The rapid rewards we get from skimming our newsfeeds alleviate boredom for a few moments, but they also teach our brains to seek out blips of joy the next time we feel a twinge of fatigue, Gazzaley and Rosen explain, “[...] the next time we are bored, our past experiences, having gained reinforcement from our smartphone, will drive us to self-interrupt...””

Research Reveals How to Take a Better Break – Thrive Global

January 9, 2018 at 02:16PM

via Instapaper <http://ift.tt/2tlznsh>

“Proteins are chains of strung-together amino acids, and recent studies estimate that up to half of the total amino acid sequence that makes up proteins in humans doesn’t fold into a distinct shape. (While some of the proteins that make up this total are unstructured from end to end, others contain long unstructured regions side-by-side with structured ones.) “Partly, people didn’t realize how big that number was, and that’s why they ignored it,” said Julie Forman-Kay, a biochemist at the Hospital for Sick Children and the University of Toronto. “And partly they just didn’t know what to think of it.””

How Disordered Proteins Are Upending Molecular Biology | Quanta Magazine

January 5, 2018 at 02:44PM

via Instapaper <http://ift.tt/2ukpONB>

"The Gist:

Taking good breaks is important for your daily productivity. Breaks reduce fatigue, alleviate boredom, and can restore attention. Using tech during our breaks may backfire and make us more susceptible to boredom and want more breaks, more often. Restorative breaks can improve attention and refresh our focus. Break ideas based on research include: Nature exposure Doodle and daydream Eye exercises—20/20/20 Laugh Brief exercise"

Research Reveals How to Take a Better Break – Thrive Global

January 9, 2018 at 02:17PM

via Instapaper <http://ift.tt/2tlznsh>

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