

*Hui Lin*

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# *Reading Notes*



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## *Introduction*

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Learning is happening increasingly outside of formal educational settings and in unsupervised environments. Technological advantages provide new tools and opportunities for life-time learners. This reading notes is my first step of managing my learning (aka: Personal Knowledge Management). This step is called Personal Information Management(PIM). The goals are:

1. Organize information
2. Initially process the information and understand the information structure
3. Chunking: cluster similar information, filter out some detail, degrade the complexity

The reading notes are arranged according to book category in my reading list since 2009. For some reason I lost all reading information before 2009. There are tons of paper notes need to be digitized and I will keep working on it in my spare time. My personal comments will start with “Hui:” in blue. Sometimes I summarize the contents with my own words. It is great if you find any of those notes useful for you as well. I thank all my friends who recommended great books to me. I wrote this notes with R Markdown<sup>1</sup> and the R package bookdown<sup>2</sup>.

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<sup>1</sup><https://rmarkdown.rstudio.com>

<sup>2</sup><https://bookdown.org/yihui/bookdown/>



# 1

## *Cognitive Science*

### 1.1 Thinking Fast and Slow

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# 2

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## *Self-development*

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### 2.1 Emotion Management

#### 2.1.1 Emotional First Aid ( )

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Dr. Guy Winch is a licensed psychologist, author, and in-demand keynote speaker whose books have been translated into 24 languages. His first TED Talk, Why We All Need to Practice Emotional First Aid has been viewed over 5 million times and is rated as the #5 most inspiring TED Talk of all time on ted.com. He also writes the popular Squeaky Wheel Blog on Psychology Today.com (<https://www.psychologytoday.com/blog/the-squeaky-wheel>) and he has dabbled in stand-up comedy. His website is [www.guywinch.com](http://www.guywinch.com). You can view his TED Talks here: [https://www.ted.com/speakers/guy\\_winch](https://www.ted.com/speakers/guy_winch)

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Healing Rejection, Guilt, Failure, and Other Everyday Hurts

#### 2.1.2 Others

- From TED talk: How to fix a broken heart<sup>1</sup>

Heartbreak is far more insidious than we realize. There is a reason

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<sup>1</sup>[https://www.ted.com/talks/guy\\_winch\\_how\\_to\\_fix\\_a\\_broken\\_heart?utm\\_source=newsletter\\_weekly\\_2018-02-10&utm\\_campaign=newsletter\\_weekly&utm\\_medium=email&utm\\_content=talk\\_of\\_the\\_week\\_image](https://www.ted.com/talks/guy_winch_how_to_fix_a_broken_heart?utm_source=newsletter_weekly_2018-02-10&utm_campaign=newsletter_weekly&utm_medium=email&utm_content=talk_of_the_week_image)

we keep going down one rabbit hole after another, even when we know it's going to make us feel worse. Brain studies have shown that the withdrawal of romantic love activates the same mechanisms in our brain that get activated when addicts are withdrawing from substances like cocaine or opioids.

Getting over heartbreak is not a journey. It is a fight, and your reason is your strongest weapon. There is no breakup explanation that is going to feel satisfying. No rationale can take away the pain you feel. So don't search for one. Don't wait for one, just accept the one you were offered or make up one yourself and then put the question to rest, because you need that closure to resist the addition. And you need something else as well: you have to be willing to let go, to accept that it's over. Otherwise, your mind will feed on your hope and set you back. Hope can be incredibly destructive when your heart is broken.



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## *Bibliography*

