Reading Notes

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Introduction

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[1] and the R package bookdown[2].

```
library(dplyr)
library(DT)
dat <- read.csv("1_KnowledgeStructure/RawData/ReadingListHui.csv")
dat %>%
```

---

[1] https://rmarkdown.rstudio.com
[2] https://bookdown.org/yihui/bookdown/

```
select(Name, ProDetail, Category, Topic) %>%
datatable(filter = "top")
```

- **Name**: Book name
- **Category**: Book category
- **ProDetail**: My reading status
  - `HaveNotRead`: have not started reading
  - `RoughReading`: just got the structure and key ideas of the book without getting to every glorious detail
  - `PartialReading`: read carefully for some parts of the book but not the whole
  - `ThroughReading`: read word by word for the whole book
  - `IntensiveReading`: read repeatedly and try to understand it very well
- **Topic**: the subject of the book. I use the information to classify books to do "syntoptical reading" which is to read two or more books on the same subjects. You may find lots of missing values here as I just began my journey on this. Also, it is not easy to identify books with "same subject". I will only assign subject to non-fictions.
- **Priority**: priority of writing book summary

1

Cognitive Science

1.1 Thinking Fast and Slow

1

 1

 2   1

2   2

      1 2

        1   1   2

3 1 2

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        1

                1   2   2   1

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100　　　5　　5

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8

2

Self-development

2.1 Emotion Management

2.1.1 Emotional First Aid (   )

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 stnad-up comedy. His website is www.guywinch.com. You can view his TED Talks here: `https://www.ted.com/speakers/guy_winch`

Healing Rejection, Guilt, Failure, and Other Everyday Hurts

2.1.2 How To Keep People From Pushing Your Buttons

About the author: Albert Ellis(1913-2007) held M.A and Ph.D. degrees in Clinical Psychology from Columbia University. He was the founder of Rational Emotive Behavior Therapy (REBT), the pioneering form of the modern Cognitive Behavior

therapies. He was the president of the Albert Ellis Institute in New York, where he practiced individual and group psychotherapy, supervised and trained psychotherapists, and presented many talks and workshops at the Institute and throughout the world. He published over seven hundred articles and more than sixty books on psychotherapy, marital and family therapy, and sex therapy.

4 fatal "Overly":

1. Anxious
2. Angry
3. Depressed
4. Guilty

3 nutty beliefs (Realistic Preferences):

(1) Awfulizing
(2) Shoulding
(3) Rationalization

The three nutty beliefs will further lead to 10 nutty beliefs:

(1) Worry too much about what other people think of you
   - Please others
   - Overly defensive
(2) Excessively fear of failure
   - Lack of risk-taking
   - Stagnation
   - Mediocrity

If you are hitting the bullseye every time you shoot, you are standing too close!

(3) Low frustration tolerence

  - impulsive reactions, premature quitting, nagativism, avoidance of responsibility, lack of perseverance

(4) Blame others

(5) Worry obsessively about things to happen

(6) Perfectionism

(7) Avoid responsibility

(8) Detachment

(9) Blame past experience

(10) Bad things/people shouldn't exist

Bibliography