

MANAGING YOUR MENTAL STACK

WHOAMI



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INFORMATION OVERLOAD



The Internet Has Seen
 79 Days Since The
Last New Javascript
Framework

PODCASTS

A photograph of a man with a beard and glasses, wearing a plaid shirt, sitting at a bar. He is holding a bottle of beer. In the background, there are wooden barrels and shelves filled with bottles. The lighting is warm and slightly dim.

Yeah, well, that's just, like,
your opinion, man.



Listening to podcasts is a terribly inefficient way of transferring actual information. It's a bit like asking Grandpa Simpson for directions. It takes 45 minutes, consists mostly of historical inaccuracies and long rants about the messed up state of the world today, and at the end you're not really sure you aren't more lost than when you started. But it sure is entertaining.

-- John Smyth, the "Ron Swanson of DevOps"

**PODCAST PRO TIP
LISTEN AT 2X SPEED**

A man with short, light-colored hair and a full, dark beard is shown from the chest up. He wears round-rimmed glasses and a light-colored, ribbed, long-sleeved sweater. He is holding a thick, dark book with both hands, positioned in front of his chest. His gaze is directed slightly downwards and to his left. The background is a solid, dark color.

**ABSORB IDEAS FIRST
UNDERSTAND THEM LATER**

**DECIDE WHAT IS
WORTH LEARNING**

AVOID THE ECHO CHAMBER





INVESTIGATE

A classroom scene from the TV show Community. In the foreground, a man in a blue plaid shirt sits in a grey chair, looking towards the right. Behind him, a woman in a purple shirt sits at a wooden desk with books. To her right, another woman in a grey shirt sits at a desk. In the center, a blonde woman in a black top looks back over her shoulder. On the far right, a man in a red hoodie sits in a grey chair, looking towards the left. The room has wooden desks, bookshelves, and various posters on the wall.

LEARN

A man in a dark suit and tie is sitting at a desk, looking at a computer screen. He has a serious expression and is holding a pen in his hand. The background is dark and out of focus.

DO

MAKE GIFS AT GIFSOUP.COM

IN LOVING MEMORY
OF MARCIA WALLACE

TEACH

HOWTO

THE
PLAYBOOK



INGEST ARTICLES IN "SKIM MODE"

- ▶ Twitter
- ▶ Fliboard
- ▶ RSS feeds

SHIP THEM INTO TEMPORARY STORAGE

- ▶ Pocket
- ▶ Instapaper
- ▶ Plain old bookmarks

A close-up photograph of a person's arm and hand reaching towards a dark, textured stone wall. The hand is positioned as if about to touch or hold onto the wall.

**READ THEM
LATER**

A photograph showing a group of people from the waist up, all with their right hands raised towards the top of the frame. Some hands are open palms up, while others are more closed. They appear to be in a room with a white wall in the background.

WHAT ARE YOUR
TIPS?

RESOURCES

▶ Flipboard - <http://flipboard.com/>

▶ Pocket <http://getpocket.com/>

▶ Pomodoro Technique

http://en.wikipedia.org/wiki/Pomodoro_Technique

▶ VoodooPad <https://plausible.coop/voodoopad/>

▶ Arrested DevOps: Managing Your Mental Stack

<http://www.arresteddevops.com/managing-your-mental-stack/>