neuroscience-brain

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# 一．Neuroscience, brain science

## avoid multitasking

1. If my mind is preoccupied, i am not able to accomplish much.
2. Solving

Divide a day into several blocks to avoid mixing tasks.

## 2.meta cognition

Managing the brain.

## our brain just remembering four thing at the same time

The fewer the actors in your brain, the more efficient your decision making will be.

## 简化，组块(block)，谨慎选择演员登场choose the actors appear on stage carefully

### 重点概括，分成部分，写出来，减少大脑消耗

Summarize the key points, break them into sections and write them down on paper to reduce metal stress/ load / strain

### 思考块时不要深究，过多细节不好处理

Don’t overthink too details, as they can be difficult to handle.

### 做选择，尽量不要同时思考超过3个想法，耗费精力

Don’t consider more than three ideals when making a choice, it’s too mentally exhausting.

# 二．Related books

# 三．My opinion

## 1.write these thoughts down on paper, don’t consume your energy.