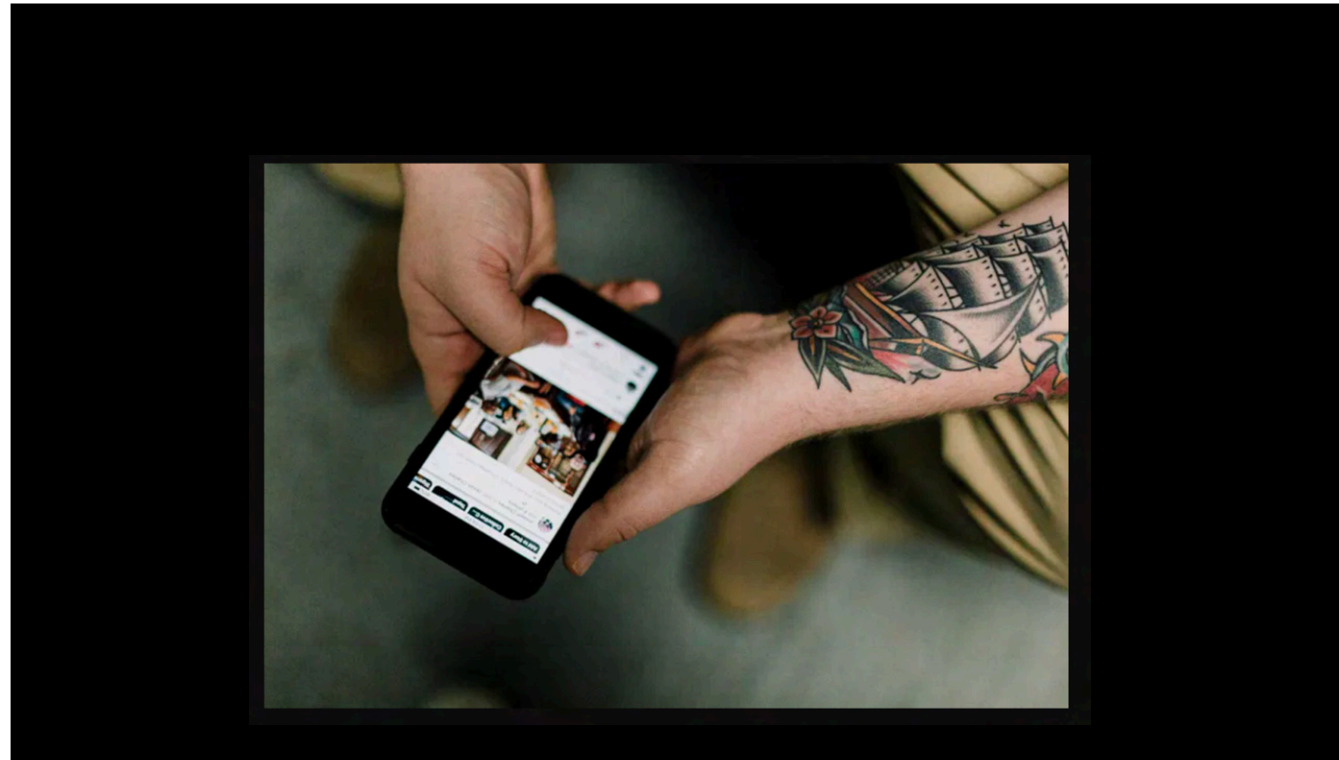


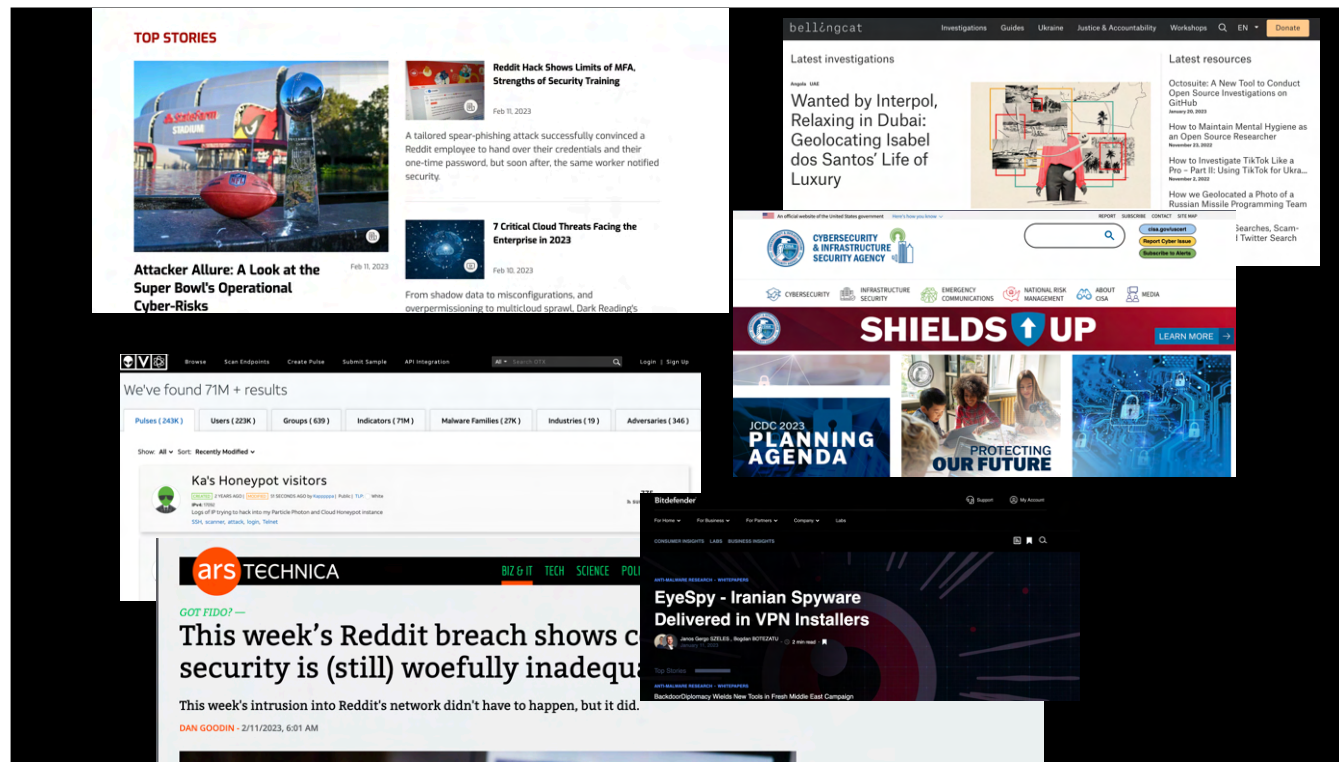


How to distil and sip from the hose that is cyber security news

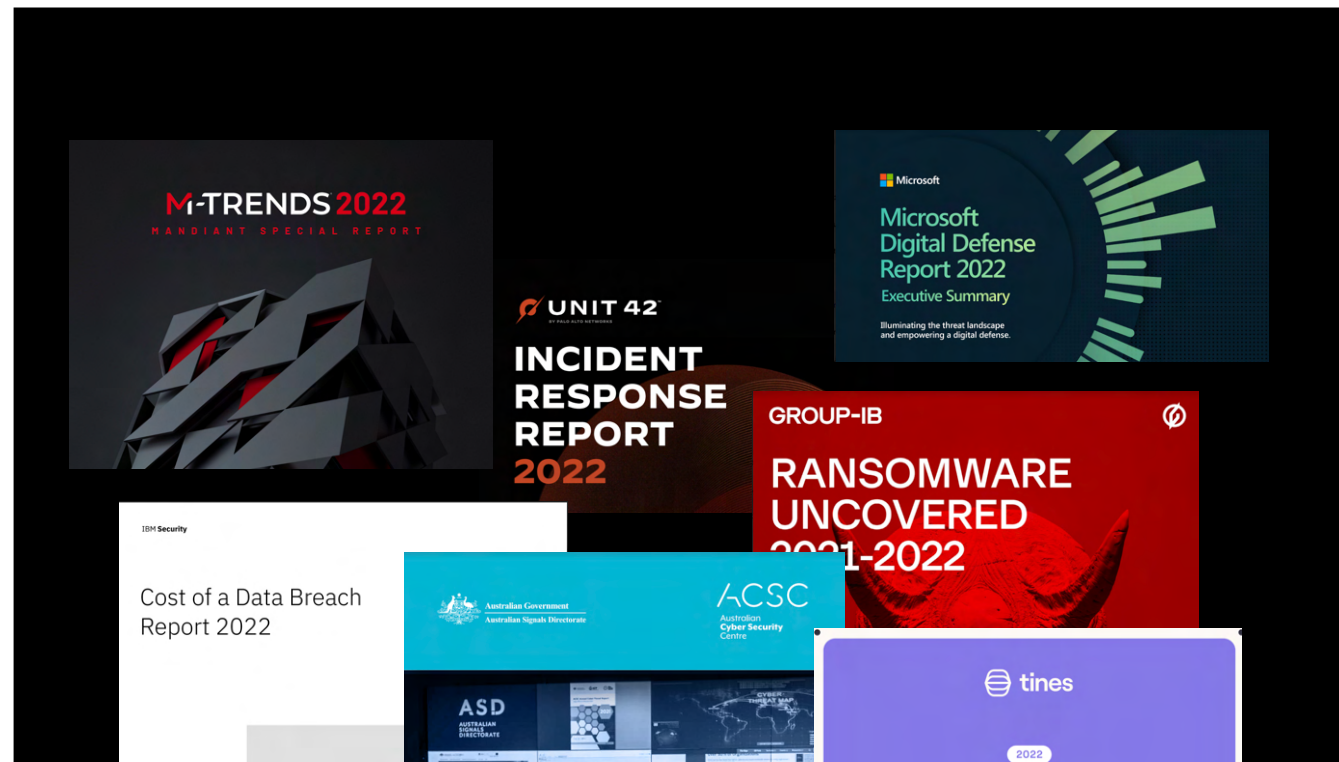
M. Miller-Furesh (thequietlife)
Quality @ Cydarm



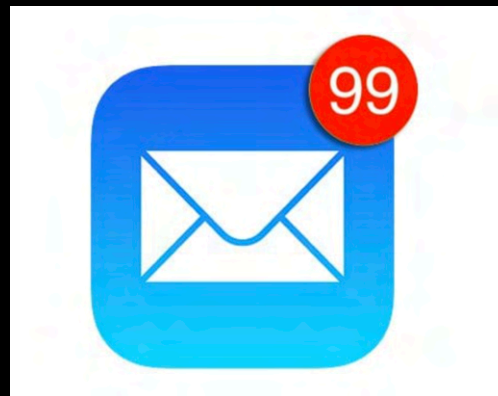
- I'm a digital minimalist - trying
- last three years cutting down on phone use, email
- Jake Knapp, Distraction-Free iPhone
- Cal Newport - Deep Work, Digital Minimalism
- Greg McKeown - Essentialism
- Don't pick up phone for first hour or two on waking
- Reducing apps on phone - LI, insta, work email, slack
- Quit instagram, LI
- Evening - no phone/device on sofa
- Not pick up phone every time to search something



- Career pivot into cyber security
- Need to quickly get up to speed
- so much information



- Can spend hours. So many different sources
- Bookmarks, saved articles everywhere

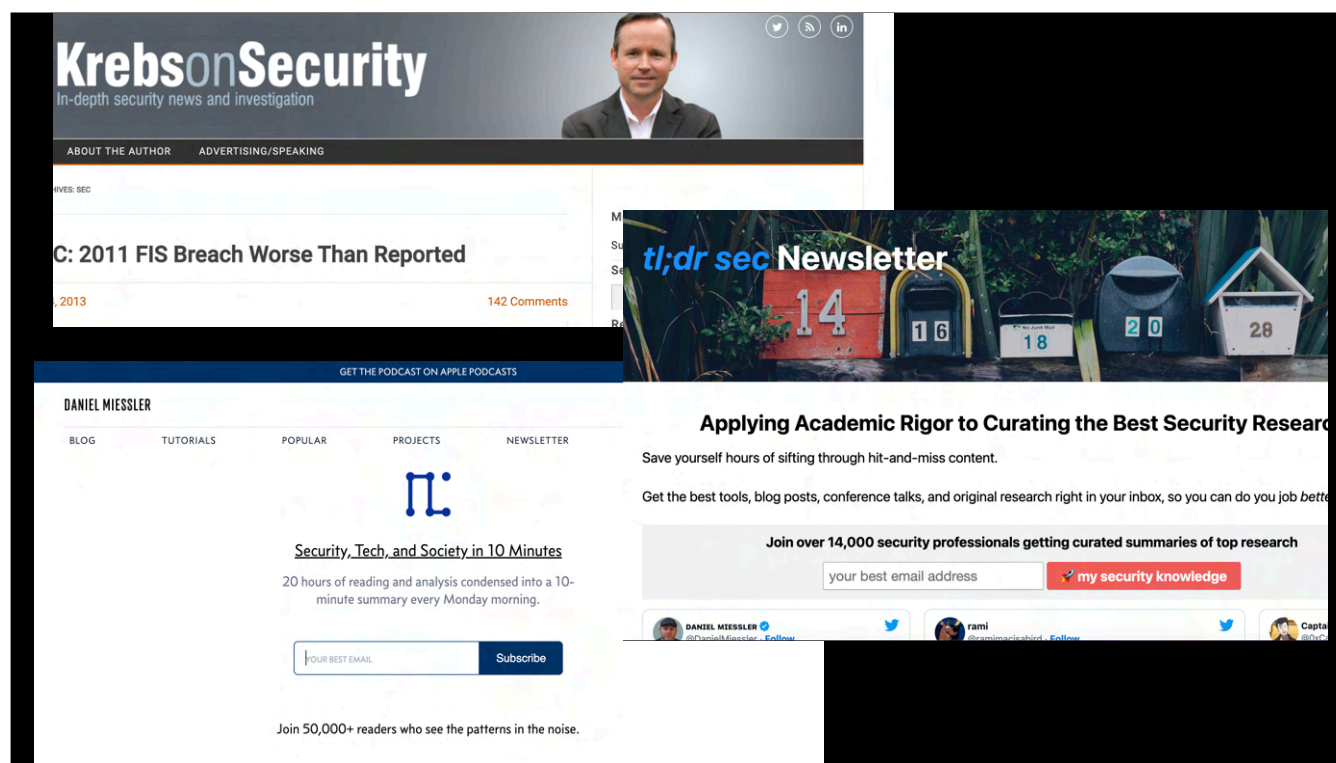


- Ended up subscribing to a pile of newsletters
- Just got stressed about so many unread, falling behind

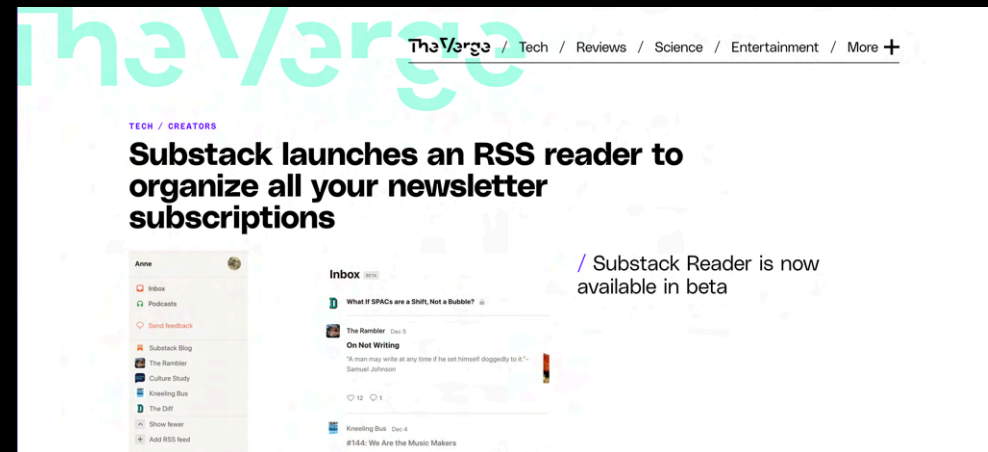


credit: [Truck Torrence](#)

- 'Have to be on twitter'
- rabbit hole, noisy
- Not keen on another social media account (mastodon)



- Spent time looking at the content, sources
- To see what they were adding
- Some just too many links, just had to delete and get rid off



- Something interesting
- Fault with substack - too many emails
- Released a RSS option
- ? Is that a flaw with the product - say average person subscribes to 3 - 5 newsletters

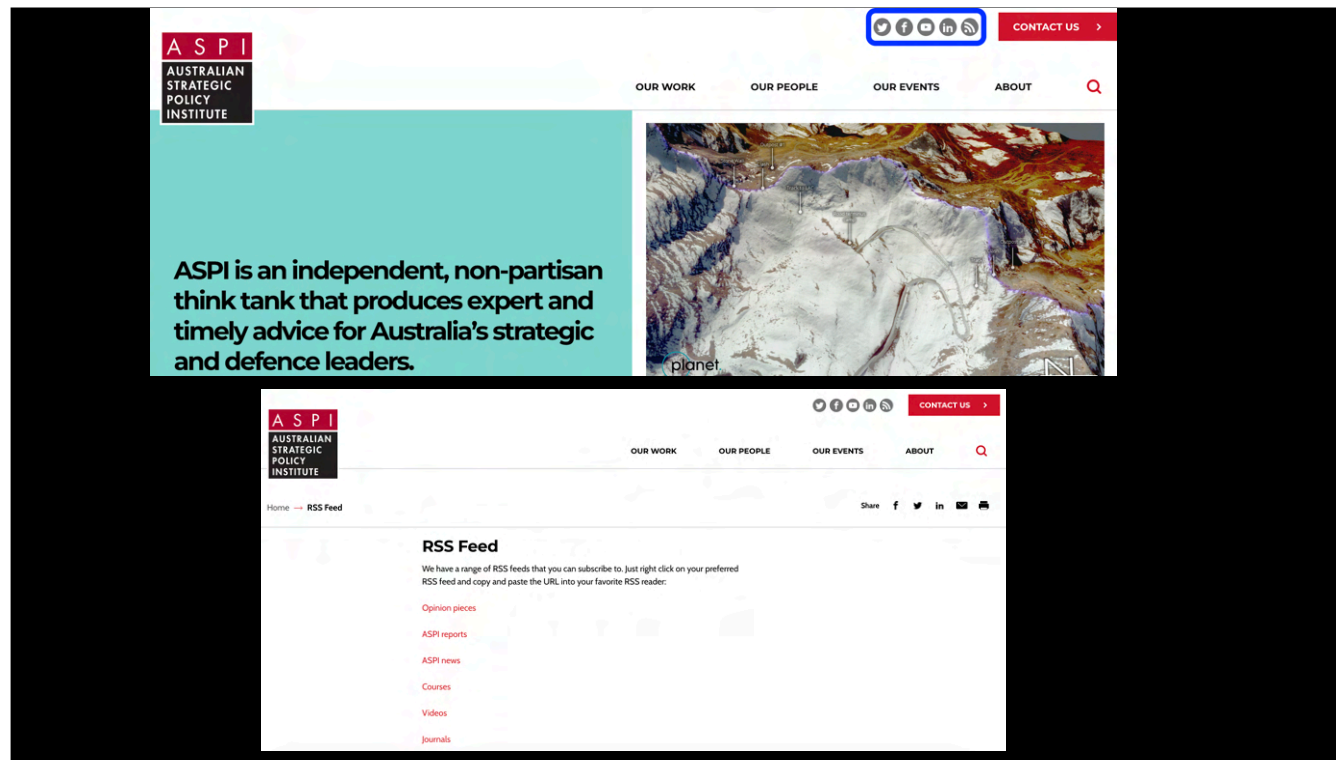
Found the answer



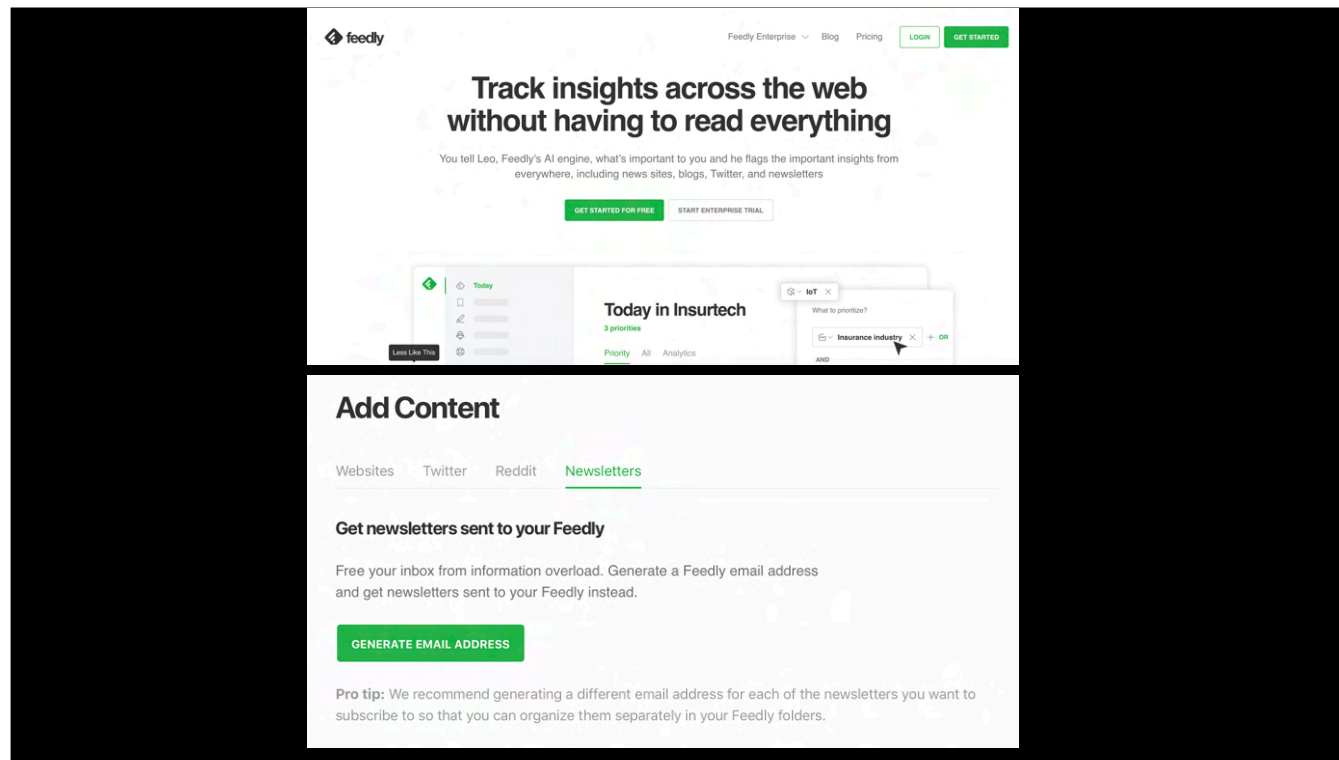
- Thanks to my colleague, fellow CTI nerd



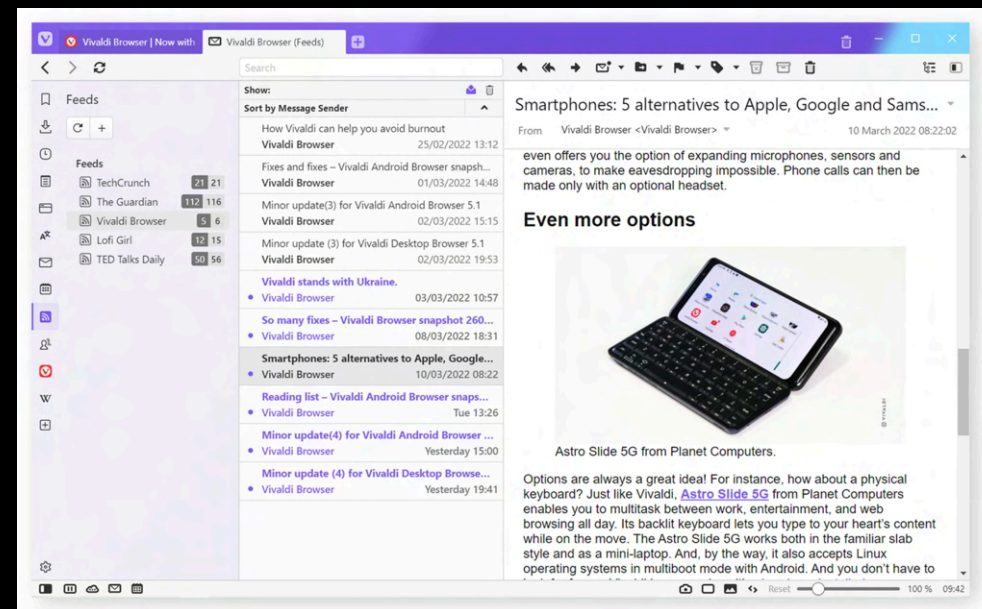
- Death of rss due to changing reading habits
- Google Reader shut down
- cleaner way to read
- one spot
- Argue that RSS should be used more, again



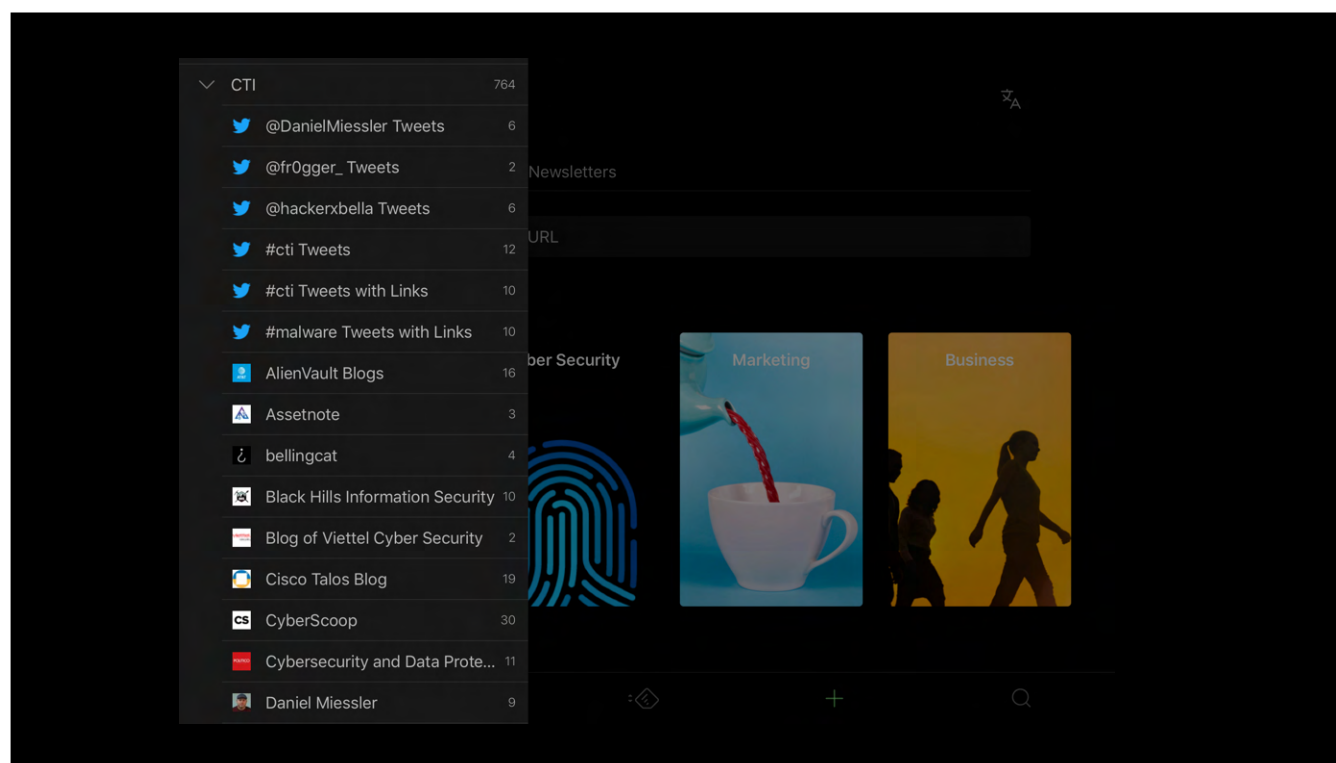
- Brief explainer of rss
- Find RSS Feed on websites
- Options Feedly, Vivaldi , Tiny Tiny RSS



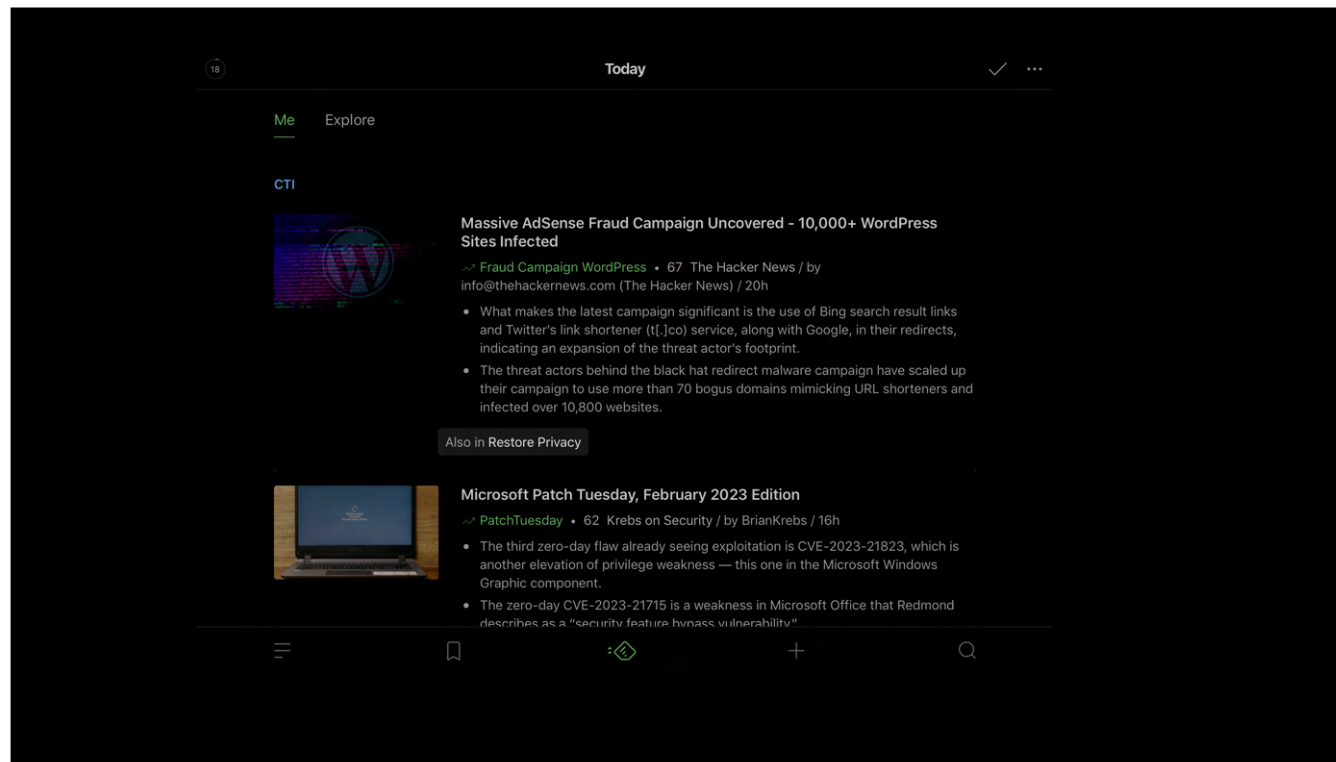
- I use Feedly
- Nice UI
- add twitter hashtags and accounts
- Integrates with Substack



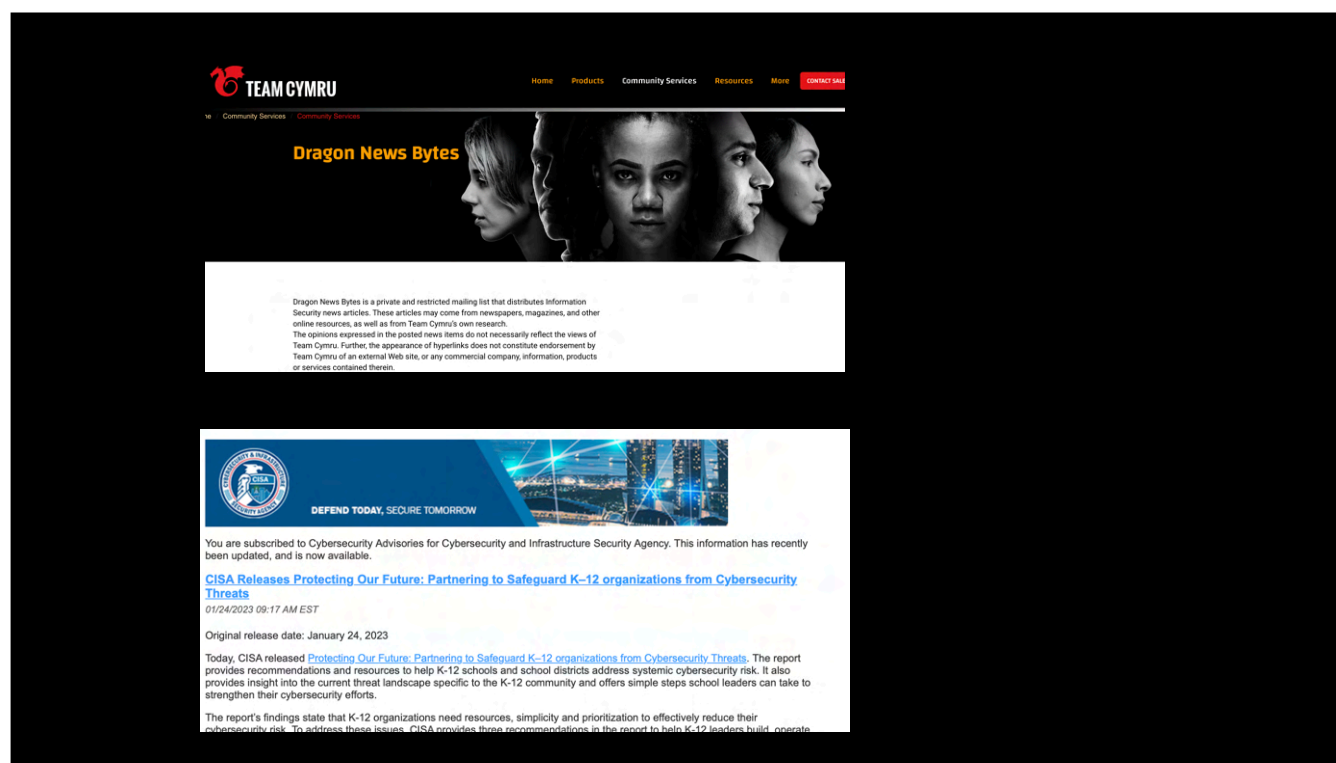
- Another friend recommend Vivaldi Browser
- And they do a RSS Reader
- Also Inoreader



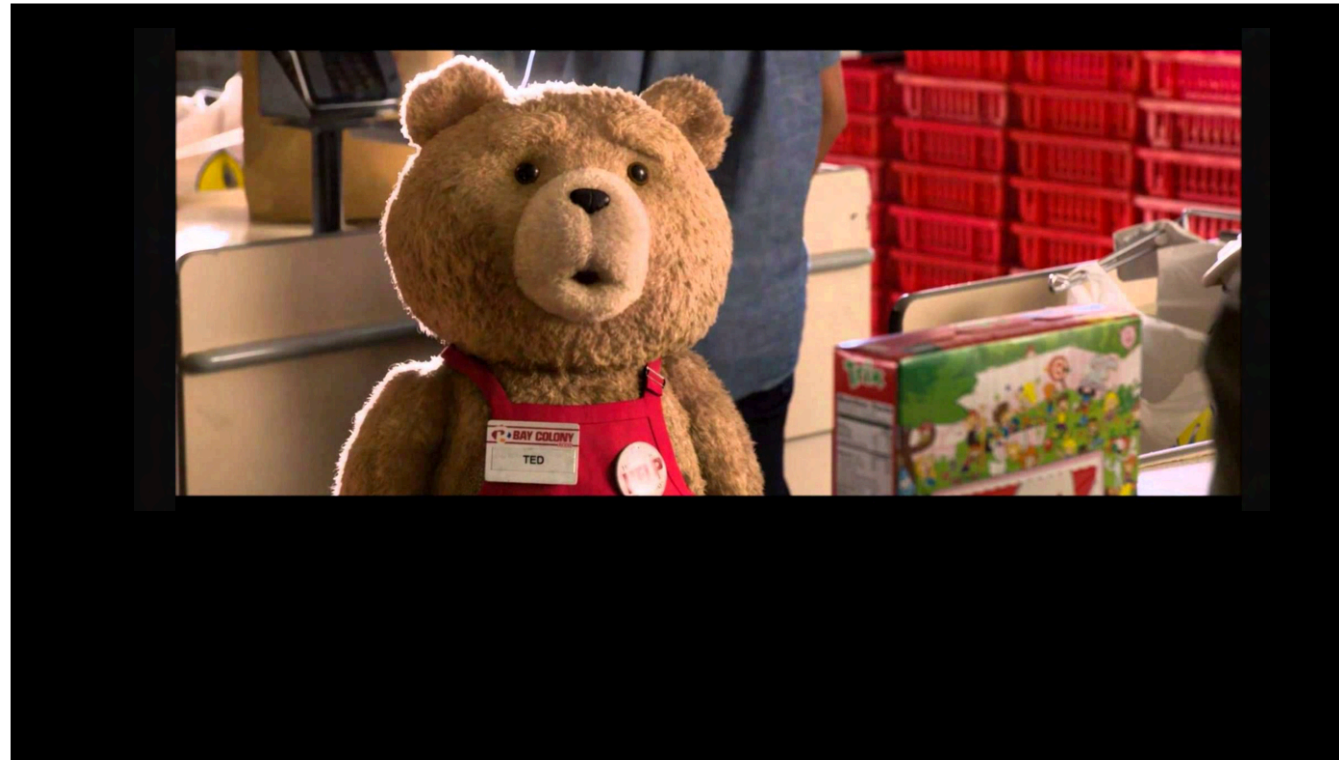
- This is what my curated feed looks like



- Helps me stay focused - 20 tabs open, rabbit holes
- Sort and get Top 19 articles to scan
- Still building on it - Leo AI Research Assistant



- have cut down to two emails (CISA, Team *Kamri*)
- CISA - work email
- **Team *Kamri***
 - really nice team, private mailing list - various sources
- Time box time reading and when
 - Scan CISA headline in the morning at work (but might drop this)
 - Late afternoon read rather than first thing and throughout



- I am keen to hear how you keep track of cyber news
- **Conversation**

References:

Jake Knapp [Distraction Free iPhone](#)

Greg McKeown [Essentialism](#)

Cal Newport [Deep Work](#)

[Feedly](#)

[Tiny Tiny RSS](#)



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wearethequietlife@protonmail.com

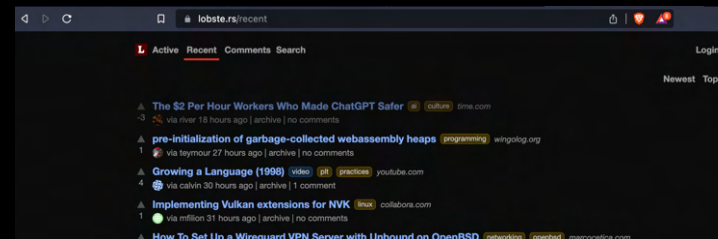
Keep conversation going

CYDARM

Hiring soon

After the talk

- We had a good conversation after the talk. Here are some of the tools peeps use:
- Inoreader
- Lobsters 🦞
- Podcasts: cyberwire daily
- AusCERT listserv



Anything else?