

***The Information Diet A Case For Conscious Consumption Clay
Johnson***

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The Information Diet A Case

The Information diet lays out a plan for adjusting the type of information 'junk food' we consume. Using a food diet analogy, Johnson lays out some good reasons why a better understanding of where our information comes from is important to our mental and physical health.

Amazon.com: The Information Diet: A Case for Conscious ...

The Information Diet: A Case for Conscious Consumption. The modern human animal spends upwards of 11 hours out of every 24 in a state of constant consumption. Not eating, but gorging on information ceaselessly spewed from the screens and speakers we hold dear. Just as we have grown morbidly obese on sugar, fat, and flour—so, too,...

The Information Diet: A Case for Conscious Consumption by ...

The Information Diet NPR coverage of The Information Diet: A Case for Conscious Consumption by Clay A. Johnson. News, author interviews, critics' picks and more.

The Information Diet : NPR

Clay A. Johnson. The Information Diet. A Case for Conscious Consumption. O'Reilly, Sebastopol 2012 Using a very enlightening comparison with a food diet, Clay A. Johnson tries to convince his readers of the need for a healthy information diet.

The Information Diet. A Case for Conscious Consumption

Just as too much junk food can lead to obesity, too much junk information can cause cluelessness, posits Johnson, renowned for his 2012 book The Information Diet, as well as his work building President Barack Obama's groundbreaking 2008 online campaign, and for leading efforts to build open-source tools for greater public access to government data.

The Information Diet: A Case for Conscious Consumption ...

The Information Diet: A Case for Conscious Consumption As the amount of information we consume every day rises inexorably, we have to be aware that our brain is not able to store it and retrieve ...

The Information Diet: A Case for Conscious Consumption ...

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The Information Diet : a Case for Conscious Consumption ...

The Information Diet shows you how to thrive in this information glut--what to look for, what to avoid, and how to be selective. In the process, author Clay Johnson explains the role information has played throughout history, and why following his prescribed diet is essential for everyone who strives to be smart, productive, and sane.

The Information Diet A Case For Conscious Consumption Clay Johnson

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