



# The Organized Mind: Thinking Straight in the Age of Information Overload

*Daniel Levitin*

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Modern society is in a state of information overload. Neuroscientist Daniel J. Levitin investigates how and why our brains are struggling to keep up with the demands of the digital age.

Why is email so addictive? Is multitasking really possible? And what do successful people keep in their junk drawers?

*The Organized Mind* debunks myth and presents one simple idea - storing information in the physical world instead of the mind - to revolutionize 21st-century living.

In a world where information is power, *The Organized Mind* holds the key to harnessing that information and making it work for you.

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