



## daily GOOD

It is the greatest truth of our age: Information is not knowledge. --Caleb Carr

### **This Is Your Brain on the Internet**

We are bombarded by information, thanks in large part to the internet and its allied technologies. But exposure to unlimited information is not the same thing as the ability to capture it as knowledge or synthesize it as understanding. "We are living in a state of perpetual distraction," says Nicholas Carr, "which crowds out the more contemplative, calmer modes of thinking." We need these quieter, less frenetic moments to think conceptually, critically, and creatively. This video argues that digital multitasking and cute cat videos are undermining the very thought processes that are the essence of our humanity.

### **Be The Change:**

Make some time today to switch off your computer, mobile phone, television, and radio and think calmly and deeply about something important to you.