

Digital Dieting: From Information Obesity to Intellectual Fitness

Tara Brabazon

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Tara Brabazon : Digital Dieting: From Information Obesity to Intellectual Fitness before purchasing it in order to gage whether or not it would be worth my time, and all praised Digital Dieting: From Information Obesity to Intellectual Fitness:

2 of 2 people found the following review helpful. Become a 'Knowledge ninja' through 'Digital Literacy'By VishnuThe irony is so evident here, no reviews for such an awesome book because most of our time is consumed by low quality information and not to read such high-quality book. Every student who's spending a fortune on their college education should spend few spare dollars on this book to get the maximum 'ROI' on their college spend. At first sight the book

looked too dense to understand (no wonder, its a scholarly work from a professor) and then once I got into the flow, realized what a gem the book is!! I spend most of my waking hours reading, writing, researching and 'Goolging' and yet I didn't had a proper framework to optimize these tasks. However, since a year I have been making my own framework to optimize these tasks, it took so much time, effort and searching to get the right thoughts, tools and techniques in place. Alas, had I found this book a few years ago, it would have saved countless hours of futile information consumption and I would have been much more 'Intellectually Fit'. While this book is mainly addressed for university students, it is widely applicable for any 'knowledge worker' and for that matter any citizen living in this "Information age". You wont get just some useful information in this book, rather you will become "Digitally Literate" and a thought scaffolding for life on becoming a knowledge ninja. Can't recommend enough.

Imagine if a student spent as much time managing information as celebrities doted on dieting? While eating too much food may be the basis of a moral panic about obesity, excessive information is rarely discussed as a crisis of a similar scale. Obviously, plentiful and high quality food is not a problem if eating is balanced with exercise. But without the skills of media and information literacy, students and citizens wade through low quality online information that fills their day yet does not enable intellectual challenge, imagination and questioning. *Digital Dieting: From Information Obesity to Intellectual Fitness* probes the social, political and academic difficulties in managing large quantities of low quality information. But this book does not diagnose a crisis. Instead, *Digital Dieting* provides strategies to develop intellectual fitness that sorts the important from the irrelevant and the remarkable from the banal. In April 2010, and for the first time, Facebook received more independent visitors than Google. Increasingly there is a desire to share rather than search. But what is the impact of such a change on higher education? If students complain that the reading is 'too hard', then one response is to make it easier. If students complain that assignments are too difficult, then one way to manage this challenge is to make the assignments simpler. Both are passive responses that damage the calibre of education and universities in the long term. *Digital Dieting: From Information Obesity to Intellectual Fitness* provides active, conscious, careful and applicable strategies to move students and citizens from searching to researching, sharing to thinking, and shopping to reading.