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### **The Information Diet A Case**

We're all battling a storm of distractions, buffeted with notifications and tempted by tasty tidbits of information. And just as too much junk food can lead to

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obesity, too much junk information can lead to cluelessness. 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 ...

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

...  
Book Review By Nicole  
Boyer The Information  
Diet: A Case for  
Conscious

Consumption The  
Information Diet is a  
book that correlates  
"obesity" with having a  
balance of over  
consumption of  
information and how to  
distinguish and  
maintain a balance.

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This book is gearing towards an audience that has the ability to identify an issue and is willing to adapt and make changes easily in order to be effective.

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

January 14, 2012 • "If we want to make media better then we've got to start consuming better

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media," says open-source-Internet activist Clay Johnson. His new book, The Information Diet, makes the...

### **The Information Diet : NPR**

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



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role information has...

## **The Information Diet: A Case for Conscious**

## **Consumption by ...**

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

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diet. The book is  
divided into three  
parts.

## **The Information Diet. A Case for Conscious Consumption**

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

Communication,  
Culture, Innovation,  
Leadership on  
Demand, Strategic  
Planning. 0 Lessons 0.

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Free. Clay Johnson. As fast and furiously as information flows today, how to cut through all the clutter to get to what really matters to a project, a team, a company? Clay Johnson draws ...

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

The book is divided in two parts: the introduction and the

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part that teaches how  
to implement the  
"Information Diet". Too  
much of the wrong kind  
of information is as  
harmful as too little of  
the...

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

Naturally, I was thrilled  
for the release of Clay  
Johnson's The  
Information Diet: A  
Case for Conscious

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Consumption -- an  
intelligent manifesto  
for optimizing the 11  
hours we spend  
consuming...

## **A Healthy Information Diet: The Case for Conscious ...**

“In the world of the  
Internet, we have  
almost universal  
access to everything  
that we need. And that  
means that we have to  
make empowered

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Case For  
conscious  
Consumption Clay  
Johnson

decisions and informed decisions about what it is that we're consuming," says Clay Johnson, author of The Information Diet: A case for conscious consumption. Simple ways to start an information diet

### **How to go on an information diet - Ness Labs**

In The Information Diet, open-source-Internet activist Clay

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Case For  
Johnson makes the  
case for more  
"conscious  
consumption" of news  
and information.

Johnson, the founder of  
Blue State Digital,  
which...

### **Is It Time For You To Go On An 'Information Diet'? : NPR**

The Information Diet: A  
Case for Conscious  
Consumption - Clay  
Johnson - Google Books

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The modern human  
animal spends upwards  
of 11 hours out of  
every 24 in a state of  
constant consumption.  
Not...

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

The Information Diet: A  
Case for Conscious  
Consumption is a 2012  
book on media  
consumption by Clay  
Johnson.



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## **The Information Diet - Wikipedia**

The information diet : a case for conscious consumption. [Clay A Johnson] -- "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

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## **The information diet : a case for conscious consumption ...**

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

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our mental and  
physical health.

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

Johnson C. The  
Information Diet: A  
Case for Conscious  
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O'Reilly Media; 2012.  
McMullan RD, Berle D,  
Arnáez S, Starcevic V.  
The relationships  
between health  
anxiety, online health

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information seeking,  
and cyberchondria:  
Systematic review and  
meta-analysis. Journal  
of affective disorders.  
2019;245:270-8.

### **Information Diet in Covid-19 Crisis; a Commentary ...**

We're all battling a  
storm of distractions,  
buffeted with  
notifications and  
tempted by tasty  
tidbits of information.  
And just as too much

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junk food can lead to obesity, too much junk information can lead to cluelessness. 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...

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## **The Information Diet [Book]**

The Information Diet: A  
Case for Conscious  
Consumption. Author:  
Clay A. Johnson.

Publisher: O'Reilly.

Price: \$23 (paper); \$20

(e-book) Trial: Table of  
contents and sample  
pages. Junk information  
is as toxic as junk food.

As a group, Americans  
are fat. Our diets are  
out of control: we eat  
too much and, Clay

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Johnson explains, we  
take in too...

Consumption Clay

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**Review: The  
Information Diet: A  
Case for ...**

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

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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 ...**

Editions for The  
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