

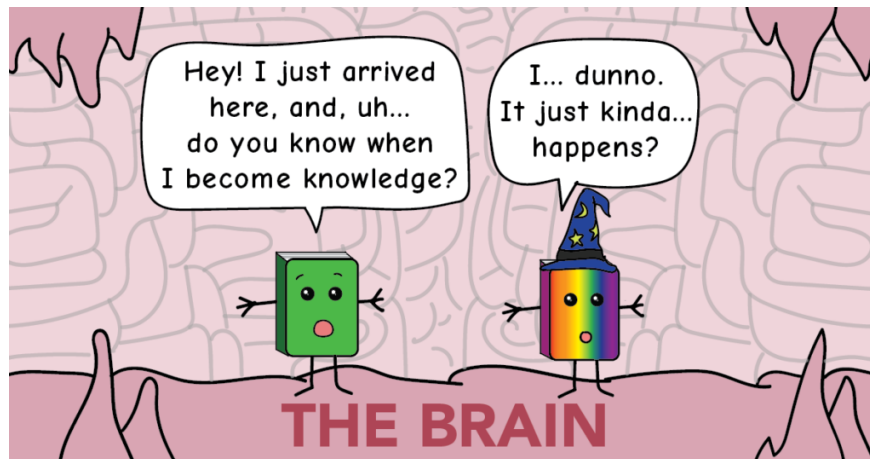
FAST KNOWLEDGE IS FIRSTING FOR YOU

Fast food has a negative effect on human health such as obesity, is the cause of cancer ... surely many people know. However, there is a kind of 'fast' knowledge that is poisoning your mind every day and you don't even notice.

1. What is fast knowledge?

Fast food is a convenient, industrially processed food that can taste good but is not nutritious and carries many risks of disease to the body. Likewise, having a kind of fast knowledge is equally dangerous to people but less noticeable.

It is industrially produced information, which sounds very interesting and interesting, but has absolutely no value to the reader, sounds very convincing but completely unscientific. It is like fast food, very convenient, make people excited and excited, satisfy the need for information but harm the human brain in the long run.



The stories about the wolf leader walking through the snow, the eagle to pluck its feathers and the claws to revive . are all "quick" knowledge.

2. Where does quick knowledge come from?

It starts with the unintentional or intentional work of some people. Surely you have all heard about the principle "left brain hemisphere is used for logic analysis, right brain hemisphere is used for creative arts". This is completely wrong knowledge.

It originated in the experiments of Michael Gazzaniga and Roger Sperry in the 1960s. Two scientists studied patients who lost the connection between two parts of the brain to minimize epileptic seizures.

Neuroscientists have documented a difference between the two hemispheres. The press hastily took this idea and followed it, making the concept of left brain, right brain become famous and existed for many years. People continue to "add fish sauce, add salt", claiming that the right brain is the place of creativity and freedom, as opposed to the left brain with "logic" and "analysis".

Since it stems from scientific research, it sounds more convincing and makes many people believe. However, scientific experiments in 2013 denied this theory when scanning the brain MRI of thousands of people doing different tasks. The results showed no clear difference between the two brain.

Of course, there is also knowledge that is deliberately spread for a private purpose like the story of "carotid to brighten eyes". The story takes place in the 1940s, during World War II when Britain was in danger of food problems.

The British government wants to encourage people to eat vegetables to fight hunger, including carrots. However, how can you consume a very boring root? The British government has "overstated a bit" about the use of carrots to make eyes bright like headlights. It is true that vitamin A in carrots is good for eyesight, but not so good compared to many other vegetables.

Furthermore, this was a good reason for British pilots to be able to shoot down many German planes in the dark to conceal the true secret of British radar technology at the time.

3. Harm

With a fast pace of life and a heavy reliance on technology, people's ability to focus is decreasing. The rise of Tiktok also partly proves this when the contents on Tiktok are very short (15s-60s) to be able to maintain human focus.

These quick insights are harmful when satisfying people about their need for knowledge in just a short time. Just reading a good book for a few hours seems to have become an expert in a field.

The answers you are looking for are easy to understand, convincing and do not take much effort, although it will be very shallow. I have seen a mentor teach entrepreneurship for two days. In just two days, he taught all students from leadership, human resource management, finance, fundraising . and when finished, every student thought that he was ready and had enough knowledge to start a business. .

Of course, when they do the real thing, they fall back because that knowledge cannot be used. He has been diligent in order to refine his knowledge, but it is too minimalistic, so it is wrong and cannot be used. It is funny that when students cannot use knowledge, they think that they understand not deeply enough, or do wrong but never think that knowledge is inherently wrong.

The other harm is that people will focus on tricks and tricks rather than dig deep and build a basic foundation. They believe that the secret to success is just a few tricks, tricks that can be known to get rich quickly. .

They forget the foundation of success is their own ability. They spend a lot of money to study with some famous online teachers, hoping to get divine secrets, help them get rich quickly and the result is deceived.

Warren Buffett once said his secret to success is reading 500 pages a day. It is very simple, everyone can do it, but few people do it because everyone wants to get rich quickly. .

4. Handling

First, you need to read the information actively. Readers need to think, analyze data and draw their own conclusions. Ask yourself whether the data are correct and what way to think, rather than simply believing an expert's conclusions.

Next, you should read multidimensional information, read a lot of information on the same issue so that you can compare and compare. Although reading is difficult and tiring, if you do not expand the amount of knowledge, when you encounter a problem, you will have nothing to compare or check to conclude which side is right and which is wrong.

Finally, carefully choose the expert. Each expert is only good at one field and the opinions they give are subjective. So don't completely trust the expert's words on every subject. Know how to selectively receive information and actively analyze what experts say.

Hopefully after this article, you will select "useful" and reliable knowledge to nourish your brain every day!

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