



Coffee Lectures

Compressed knowledge - an insight into the *getAbstract* database

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Compressed knowledge – an insight into the *getAbstract* database

1. explore the database
2. *getAbstract* summary

The screenshot shows the ETH Library @ swisscovery search interface. At the top, the logo 'ETH zürich' is on the left, and navigation links for 'New Search', 'Help', 'Interlibrary Loan', and 'ETH Library' are on the right. Below the logo, the text 'ETH Library @ swisscovery' is displayed. A search bar contains the query 'getabstract compressed knowledge'. To the right of the search bar, there are icons for 'swisscovery without CDI', a microphone, and a magnifying glass, along with the text 'Advanced Search'. Below the search bar, a yellow banner prompts the user to 'Sign in to request items and for additional services' with a 'Sign in' button and a 'CLOSE' button. Below the banner, the search results are displayed. A red arrow points to the first result, which is a database entry: 'DATABASE getAbstract : compressed knowledge 1999-'. The entry includes a database icon, a link icon, and the text 'Available Online >'.

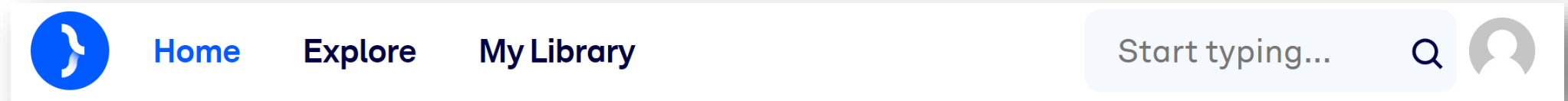
About *getAbstract* Database

- business information resource that summarizes business books, articles, podcasts, and video talks into 15-minute summaries
- *getAbstract* offers over 25,000 text and audio summaries in very diverse areas such as leadership, finance, innovation, health, and science
- New slogan “Know Better. Do Better” (since 2022)

The screenshot displays the getAbstract website interface. At the top, there is a navigation bar with the logo and links for Home, Explore, and My Library. A search bar is located on the right, with a user profile dropdown menu showing the name Simona Diaconu and email address simona.diaconu@library.ethz.ch, along with options for My Account, My Discussions, and Log out. Below the navigation is a featured banner for a new feature: 'NEW FEATURE Schedule your Sketch Note in 15-min chunks'. The banner includes a calendar icon and a grid of sketch notes. Below the banner is a 'Recommended For You' section with a 'SHOW ALL' link. This section displays six book covers with their respective star ratings and titles: 'Sell Yourself' (7 stars), 'Don't Call It Quits' (9 stars), 'Remote Not Distant' (8 stars), 'The Future of the Office' (9 stars), 'Critical Thinking' (8 stars), and 'The 7 Habits of Highly Effective People' (10 stars).

How does *getAbstract* work ?

- once you're logged in, there are 5 tabs at the top of your screen:



- at the bottom of the page, there are language options and links to

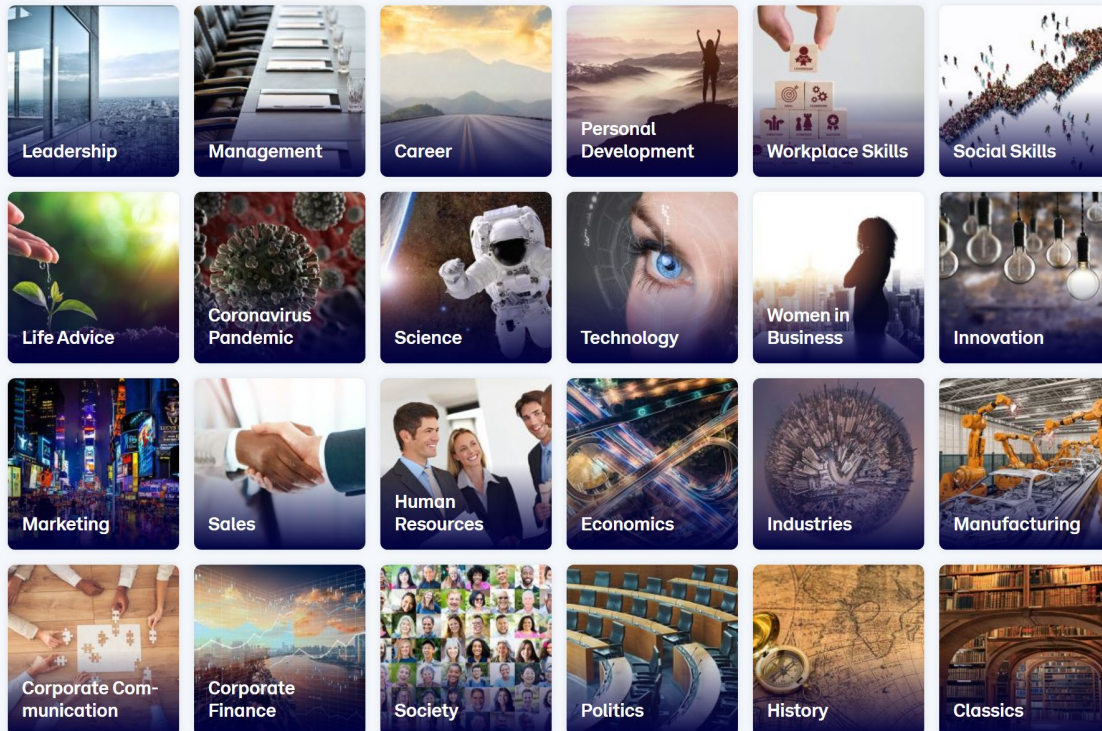


Explore Tab - Channel Overview

Explore our Library

Top Channels

[SHOW ALL](#)



Leadership

Management

Career

Personal Development

Social Skills

Workplace Skills

Life Advice

Coronavirus Pandemic

Science

Technology

Women in Business

Innovation

Marketing

Sales

Human Resources

Economics

Industries

Manufacturing

Corporate Communication

Corporate Finance

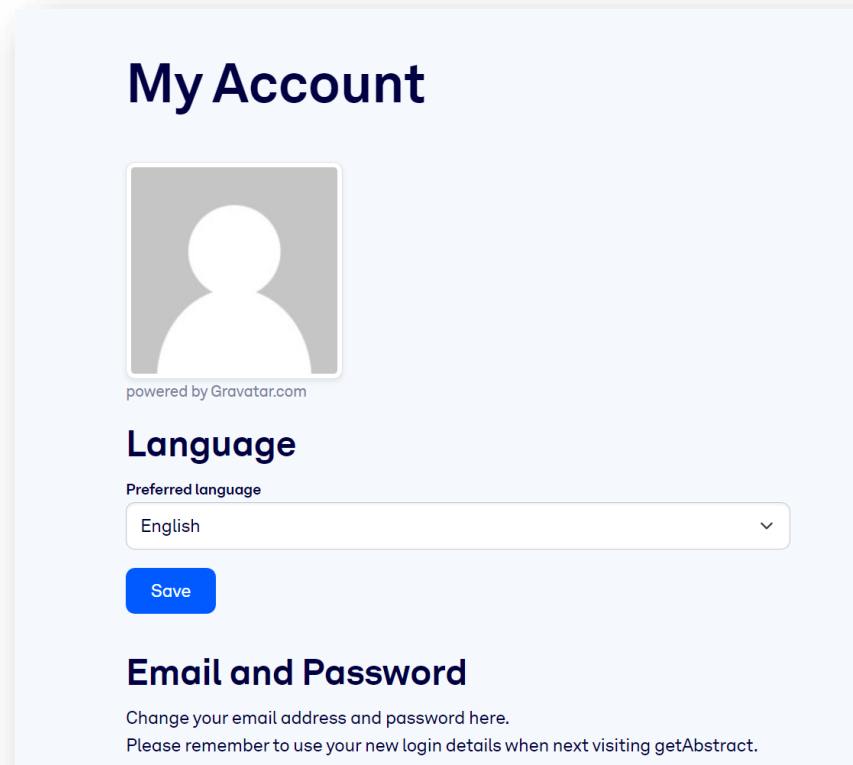
Society

Politics

History

Classics

My Account / Profile Tab



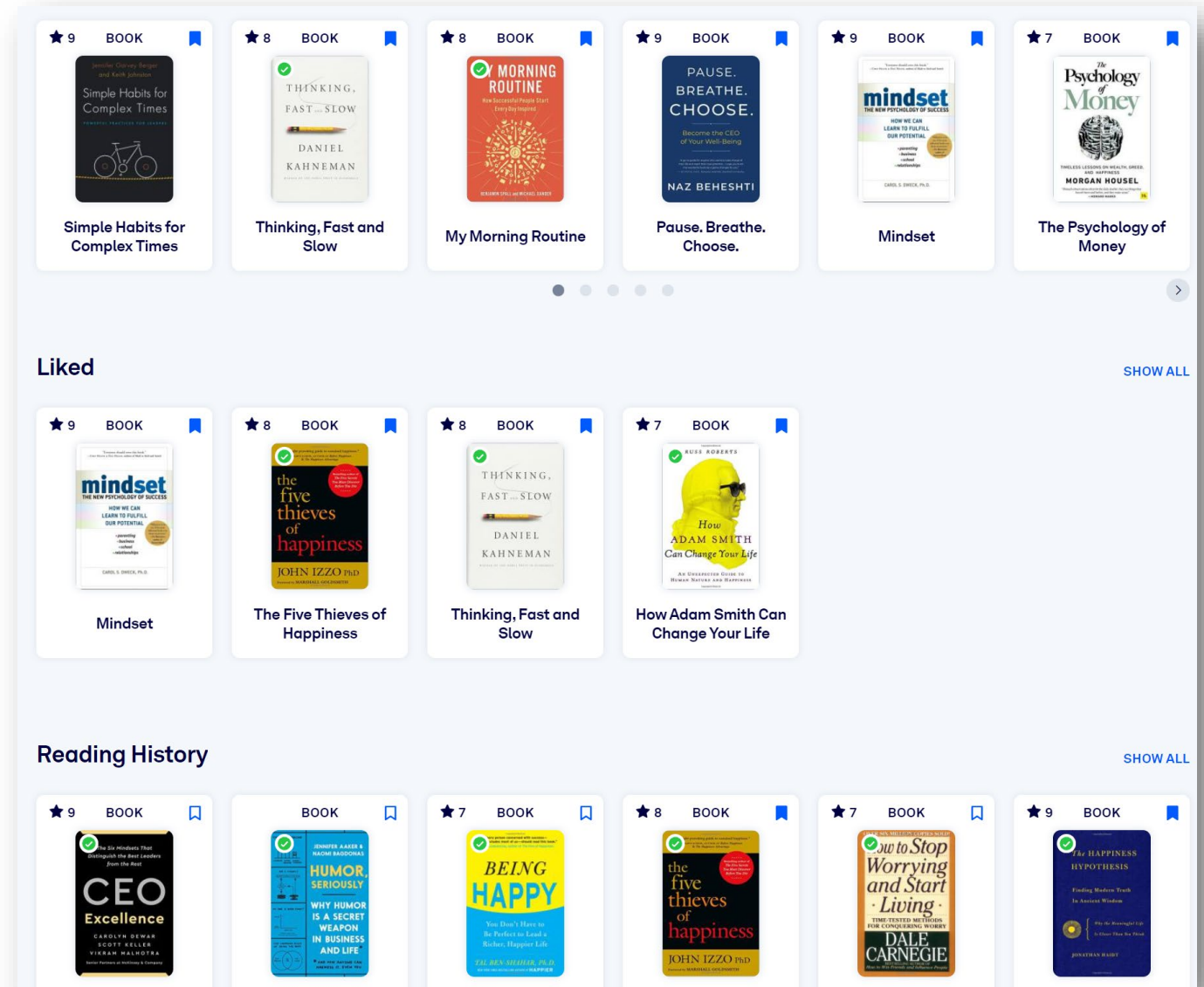
Settings:

- display language,
- notification settings,
- day/night mode,
- the language of the content,
- types of summaries to display (books, videos, or articles)

My Library Tab

The “My Library” tab is a personalized tab that is unique to everyone and has the following sections:

- Read later
- Liked
- Reading history
- My channel

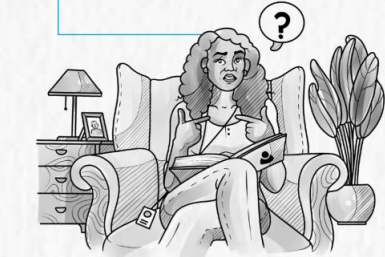


getAbstract - Sketch Notes

LEAD THROUGH CHANGE

}getabstract

1 START WITH YOURSELF
The one element in the change management process that you completely govern is yourself. Change efforts begin with knowing who you are and what unconscious factors drive your decisions, then linking that Self with the greater world.



2 EMBRACE AGILITY
Leaders who operate in a fast-changing business environment don't fear change. Stay current, adopt new strategies and try new approaches. If one tactic doesn't work, move briskly to another.



4 PROMOTE TRUST
Trust creates the safe and supportive space people need to embrace change. Foster an organizational culture based on trust and collaboration.




5 MASTER UN
Develop the at change and ex disruptive dev to your advant

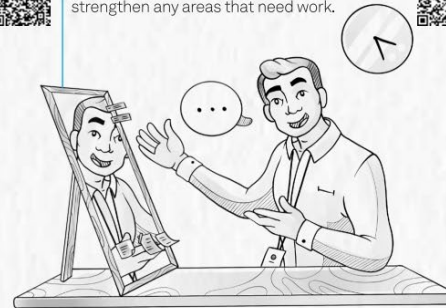


HOW TO COMMUNICATE SUCCESSFULLY AS A LEADER

}getabstract

 Click on or scan the QR code to read the summaries

1 IDENTIFY YOUR PRESENTATION STYLE
Assess your personal strengths and weaknesses as a speaker. Build on your native abilities as a presenter and strengthen any areas that need work.



2 UTILIZE YOUR BODY LANGUAGE
Use your body language, including gestures, stance and facial expression, to get your points across. Get into "peak-state" by using a 10-step process that begins with breathing deeply and visualizing your success.



3 FOCUS ON THE AUDIENCE
To get people to understand, appreciate and approve of your ideas, you must care about your audience. This means focusing on your listeners and readers, not on yourself.



4 ASK THE RIGHT QUESTIONS
Asking questions helps you open doors, solve problems and break down barriers. Leverage the power of inquisitiveness to improve your management style.

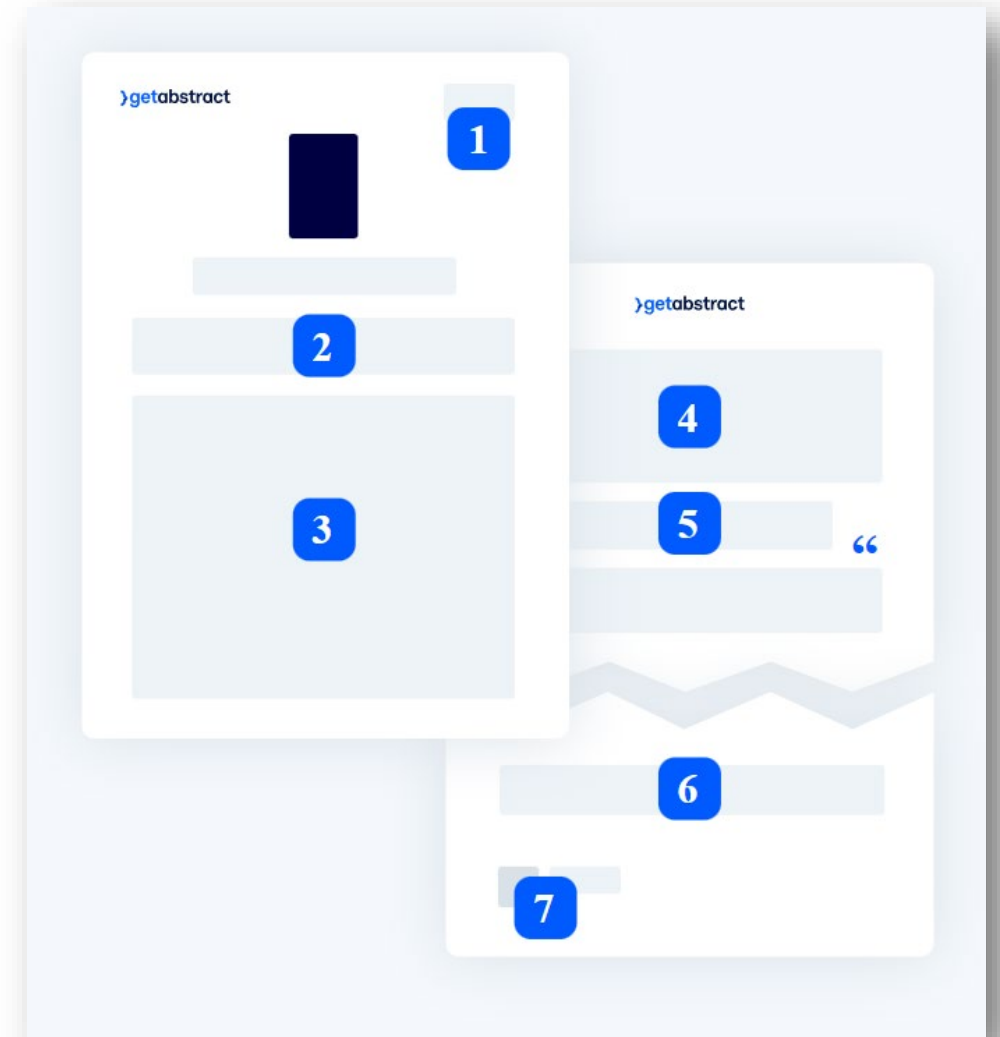


5 TELL A STORY
The best way to engage people is through storytelling. Use stories to communicate your vision, strengthen relationships, fuel creativity and more.



What does a *getAbstract* Summary contain?

1. Rating (based on the qualities criteria)
2. Recommendation (why the content is relevant)
3. Take-Aways (the main learning points at a glance)
4. Summary (the essence of the content in 10 minutes)
5. Quotes (the most compelling quotes from the original)
6. About the Author (the authors' professional background)
7. Source Link (the original book, article, video or podcast)



getAbstract - Summary

The screenshot shows the getAbstract website interface. At the top, there is a navigation bar with the logo 'getabstract', links for 'Home', 'Explore', and 'My Library', and a search bar with the placeholder text 'Start typing...'. The main content area features the book cover for 'Thinking, Fast and Slow' by Daniel Kahneman. Below the cover, the text reads 'BOOK', 'Thinking, Fast and Slow', 'Daniel Kahneman', and 'FSG, 2011 ...'. A blue button labeled 'BUY BOOK OR AUDIOBOOK' is positioned below the text. Underneath, a section titled 'Read or listen offline' contains two blue buttons: 'Download' and 'Amazon Kindle'. At the bottom of the page, there is an 'Editorial Rating' section with a heart icon, the number '3623', and a star icon with the number '8'. To the right, there is a 'Qualities' section with the word 'Innovative'.



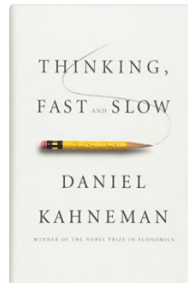
The expanded download menu is a white box with a light blue border. It features three main options, each with an icon and a description:

- PDF**: download and print (icon: red Adobe PDF symbol)
- ePub**: for most eReaders (icon: green ePub symbol)
- Audio file**: an MP3 format to use offline (icon: speaker icon)

At the top of the menu, there are two blue buttons: 'Download' and 'Amazon Kindle'.

getAbstract - Summary

getabstract
compressed knowledge



[Buy book or audiobook](#)

Thinking, Fast and Slow

Daniel Kahneman • FSG © 2011 • 512 pages

Rating ?
8

Qualities ?
Innovative

Life Advice / Psychology

Economics / Economic Theory / Behavioral Economics

Take-Aways

- To understand how thinking works, consider this model, which says people use two cognitive systems.
- “System 1” works easily and automatically and doesn't take much effort; it makes quick judgments on familiar patterns.
- “System 2” takes more effort; it requires intense focus and operates methodically.
- These two systems interact continually, but not always smoothly.
- People like to make simple stories out of complex reality. They seek causes in random events, consider rare incidents likely and overweight the importance of their experiences.
- “Hindsight bias” causes you to distort reality by realigning your memories of events to jibe with new information.
- “Loss aversion” and the “endowment effect” impact how you estimate value and risk.
- Your “two selves” appraise your life experiences differently.
- Your “experiencing self” lives your life; your “remembering self” evaluates your experiences, draws lessons from them and decides your future.
- These two contrasting systems and selves disprove economic theories that say that people act rationally.

Recommendation

The topics that Nobel Prize winner Daniel Kahneman addresses are both mind-boggling and brilliant. He asks you to think about thinking by considering how your mind distorts data and misleads you. His prose is lucid, his reasoning rigorous and his examples more than once Kahneman illustrates conflicted thinking with examples from his own life. It's a slow read, but an ultimately rewarding experience.

Summary

Your “Two Systems” and What They Mean

When you have to make sense of something, you think about it. To understand the world, you use a model that says people apply two cognitive systems.

The first is “System 1,” or the mental processing that reads emotions and makes quick judgments. It's like driving your car or adding two plus two. System 1 takes over your thinking when you're in a hurry or when you're doing simple statements (such as “complete the phrase ‘bread and . . .’”), instinctively reacting to or grimacing when you see a gruesome image. System 1 (with its stereotypes) rapidly and involuntarily.

“Although System 2 believes itself to be where the action is, it is often the hero of the book.”

By contrast, you use “System 2” when you're focusing on specific detail to complete your income tax forms. System 2 applies effort consciously to solve math, try new physical activities or search for a specific person in a crowd. You need it for methodical thinking processes such as formal logic.

“The main function of System 1 is to maintain and update a picture of the world, which represents what is normal in it.”

Human beings tend to value the measured System 2 while dismissing the more intuitive System 1. These mental processes engage in a “division of labor” and they constantly interact. You usually live in System 1's world, where things are easy and efficient. In fact, you can be reasoning about a task in System 2, get tired and shift over to System 1 without realizing it. If you've ever been puzzled by what happens when these two systems work at cross-purposes, you know how difficult it is.

Duality and Collaboration

Which system you use and how you think depends a lot on the effort you put into it. When you're doing something easy, like strolling on a known path, you're using System 1 and have a lot of cognitive capacity left for thinking. If you push the pace to a speed walk, System 2 switches on to maintain your effort. Now

Your remembering self's evaluation of your life story is one part of how you judge whether you are happy. You rate your life by standards or goals you set. The moment-to-moment assessments of your experiencing self provide the other side of your happiness. These conclusions may conflict because they account for different aspects of reality. Work benefits and status that affect “general job satisfaction” do not shape people's everyday moods at work. Instead, job context contributes more to happiness, including such factors as chatting with co-workers and being free from “time pressure.”

“The way to block errors that originate in System 1 is simple in principle: recognize the signs that you are in a cognitive minefield, slow down and ask for reinforcement from System 2.”

The things you pay attention to have major implications for your mood. “Active forms of leisure,” like physical activity or spending time with good friends, satisfy you a lot more than the “passive leisure” of, for example, watching television. You can't necessarily change your job or your disposition, but you can change what you focus on and how you spend your time. Focus shapes your self-assessments: “Nothing in life is as important as you think it is when you are thinking about it.”

Your two selves are intertwined with your two mental systems: System 2 constructed your remembering self, but your tendency to weigh experiences by their final moments and to favor “long pleasures and short pains” comes from System 1. The relationship between your selves holds implications for philosophers and policy makers. You would make different decisions about which social, health and economic issues to address, and how to address them, depending on whether you see the perspective of the remembering self or of the experiencing self as primary.

In general, recognizing how these different mental systems work can help you realize that the purely rational beings favored by economic theory are fictional, and that real people need help making better judgments in their financial and life choices. Understanding how your mind works can help you advocate for policies that take those issues into account. The converse is also true: Because your mind doesn't function optimally in all instances, rules should protect people from those who would “deliberately exploit their weaknesses.” Because individuals find it difficult to catch glitches originating in their own System 1 processing, an organization can operate with more methodical rationality than can the separate individuals within it.

About the Author

Daniel Kahneman, a professor emeritus at Princeton and a Nobel laureate in economics, has written extensively on the psychology of judgment and decision making.



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<http://getab.li/15856>

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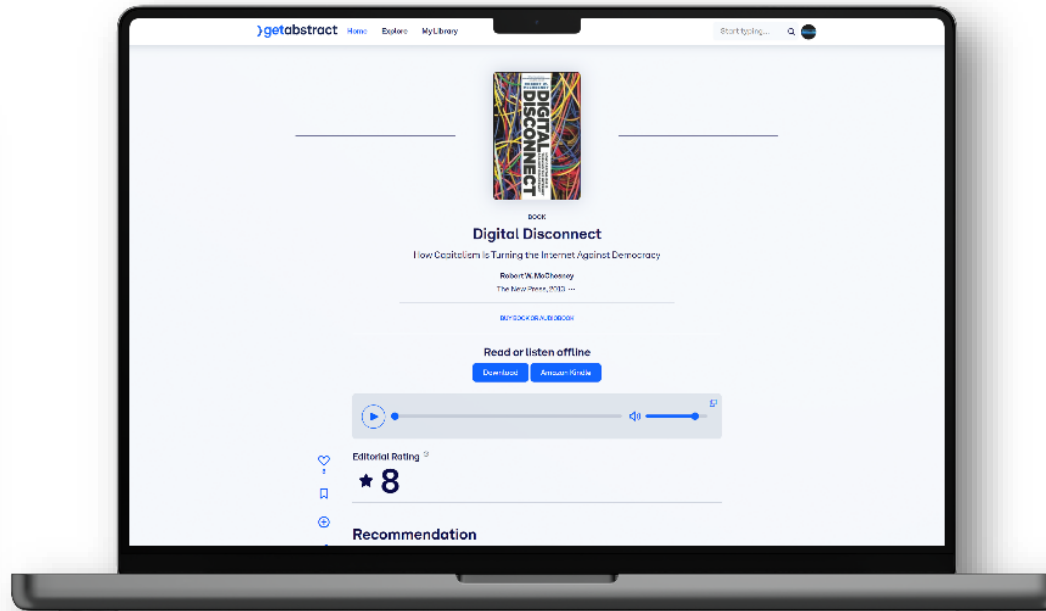
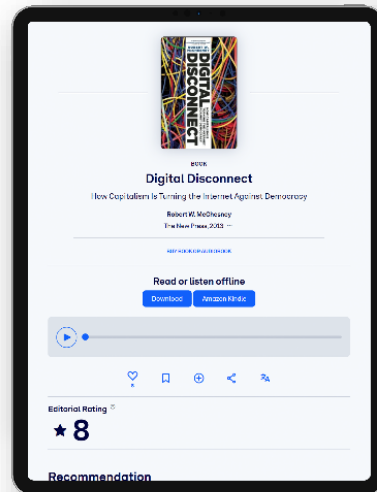
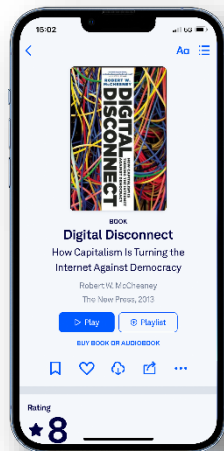
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Thank you. Good luck.