

2 October 2017

## #1: Living in the present moment: 5 things you need to do



**INFOGRAPHIC/ VIDEO:** "Live every day like it is your last. One day you'll be right."



Each moment of our lives has to be spent mindfully. Here are 5 strategies for living in the present moment.

**SOURCE:** [The Long Now via Big Think](#)

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## #2: The punctuation guide: a Swiss Army Knife for all writers



**WEBSITE/ UTILITY:** This website is a must for all writers. It is particularly relevant in an era where communication is by text messages, abbreviations, emoticons and the like. Clearly written prose is a difficult exercise. Proper punctuation clarifies the thought process behind a written statement. A comma in the wrong place can change meaning entirely; a colon or a semicolon in the right place makes a sentence elegant. This visually simple, easily navigable utility is a comprehensive guide to [American] punctuation.



[Read More](#)

**SOURCE:** [The Punctuation Guide](#)

## #3: Memory: 4 articles that explore the mystery and magic of how we remember




**LONG ARTICLES FOR HARDCORE READERS:** It's not possible to conceive living without memory. Everything we do is shaped by our remembrances of events in the past and extrapolations of lessons learned from these imprints, into the future. Yet, memory is a mystery that modern science, fMRIs and all, has not been able to fathom in any meaningful way. Listed below are 4 articles that deal with intriguing aspects of human memory.



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**SOURCE:** [via The Electric Typewriter](#)




**Thinking | Teaching | Talking**  
[www.thinkteachtalk.net](http://www.thinkteachtalk.net)

Curated and enhanced content, once a week

This is a newsletter of curated content directed at people who are tired of reading nothing but bad and depressing news in the mainstream media. The content in this site will be of interest to:

- People who like to think critically.
- People who like to teach young minds how to think critically.
- People who like to communicate - speaking, writing, engaging in forums - critically assessed information to interested audiences; I would like to offer Richard Saul Wurman's phrase, "Information architect", as a descriptor.

Arjun Rajagopalan



My professional life of four decades was spent as a surgeon, educator and medical administrator. I am now retired from active practice and when I reflect on my life and ask myself what did I do that could be now redirected to a larger audience, three things pop up: thinking, teaching, talking.