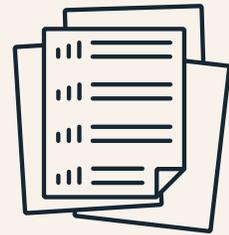


Common Causes of Information Overload

Finding too much information

and not knowing where to start or how to get through it all.



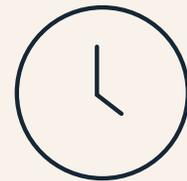
Finding contradictory information

and not knowing where to focus.



Having limited time

to find the information you need and make a decision or choose a direction.



Not taking a break!

Consuming information both at work and in your personal life can also lead to information overload.

