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## Book Review: Living in Data: A Citizen's Guide to A Better Information Future by Jer Thorpe

Rachel S. Evans

University of Georgia School of Law, rsevans@uga.edu

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# COVID RECS

What book, article, podcast, or other resource helped you to adjust to and succeed professionally over the last two years despite the challenges presented by the pandemic?



## 1 LIBRARYWORLD ([www.libraryworld.com](http://www.libraryworld.com)).

"Without a doubt, LibraryWorld transformed the access I was able to provide to our staff during the pandemic. When I started at the DC Court of Appeals in 2019, our collection was not cataloged electronically. Once I indexed our collection through LibraryWorld, our staff had access to an online card catalog for the first time ever. And, thanks to the ingenuity of this web-based system, I was able to link all our Lexis titles, via URLs, directly to our Lexis Digital Library platform. The greatest bonus was being able to link our DC Legislative History collection, via PDFs, in this online system. Prior to this, the collection had only been available in print and had to be scanned and emailed out when requested. LibraryWorld brought our library into our staff's home work spaces and it undoubtedly enhanced the services I could provide to staff during the pandemic."

– Laura Moorer, Law Librarian, DC Court of Appeals; Washington, DC



## 2 G.L.A.D. TECHNIQUE, Donald Altman, "Get G.L.A.D. and Scrub Away Rumination and Anxiety,"

*Psychology Today*, (August 28, 2019). <https://www.psychologytoday.com/us/blog/practical-mindfulness/201908/get-glad-and-scrub-away-rumination-and-anxiety>. "Working from home can sometimes blur the line between the end of the workday and the beginning of personal time. One thing that really helps me is using the G.L.A.D. Technique. Developed by psychotherapist Donald Altman as a mindfulness tool, it's an acronym for four basic questions. G, for gratitude: what are you thankful for? L, for learning: one thing you learned today. A, for accomplishment: no matter how small the achievement, it's important to you. And finally, D, for delight: something that delighted you today (a gorgeous sunrise? The perfect latte?). I find it to be a good grounding exercise."

– Nicole Guerrero; Research Analyst; Holland & Knight LLP; Brandon, FL



## 3 FUNDAMENTALS OF GOVERNMENT INFOR- MATION: MINING, FINDING, EVALUATING, AND USING GOVERNMENT RESOURCES

by Cassandra J. Hartnett, Andrea L. Severson, and Eric J. Forte (Neal-Schuman Publishers; Illustrated edition (April 30, 2011). "During the pandemic I have been pouring over this excellent road map to the treasures hidden within federal government publications. I started my academic library career remotely, so I needed to find ways to access large volumes of information without visiting my new library. Our faculty are also increasingly seeking hard numbers and statistics to support their burgeoning quantitative research projects. It goes without saying that there is no substitute for the advice of a talented government documents librarian. However, this book provides a wonderful introduction to the federal government's Sisyphean efforts at coherently organizing over two centuries of the country's accumulated knowledge."

– Daniel Radthorne; Research Librarian; University of Virginia Law Library; Charlottesville, VA



## 4 LIVING IN DATA: A CITIZEN'S GUIDE TO A BETTER INFOR- MATION FUTURE

by Jer Thorp (MCD (May 4, 2021). "Living in Data's reflections from the author's own experiences as a data artist emphasize a real need in our society for more thoughtful and creative approaches to data collecting and reporting. Thorp proposes we redesign systems, putting data in a human context to solve systemic problems. Although his text challenges us to think more deeply about data, it is not a challenging read; on the contrary, it is super accessible, with the vision of an artist, the prudence of a coder, and the heart of a storyteller. It made me feel hopeful, even amidst unrelenting news and current events. Rewarding to read, this eye-opening book features beautiful data visualizations paired with provocative and insightful anecdotes."

– Rachel Evans; Metadata Services & Special Collections Librarian; University of Georgia School of Law Library; Athens, GA