

## [YOUR BRAIN AT WORK DAVID ROCK](#)



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### **Your Brain at Work Strategies for Overcoming Distraction**

Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long [David Rock] on Amazon.com. \*FREE\* shipping on qualifying offers. Meet Emily and Paul: The parents of two young children, Emily is the newly promoted VP of marketing at a large corporation while Paul works from home or from clients' offices as an independent IT consultant.

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### **Your Brain at Work Strategies for Overcoming Distraction**

In Your Brain at Work, David Rock takes readers inside the heads literally of a modern two-career couple as they mentally process their workday to reveal how we can better organize, prioritize, remember, and process our daily lives. Rock, the author of Quiet Leadership and Personal Best, shows how it's possible for this couple, and thus the reader, not only to survive in today's

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### **Publications Dr David Rock**

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### **About Dr David Rock**

Dr. David Rock coined the term NeuroLeadership and is the Director of the NeuroLeadership Institute, a global initiative bringing neuroscientists and leadership experts together to build a new science for leadership development. With operations in 24 countries, the Institute also helps large organizations operationalize brain research in order to develop better leaders and managers.

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### **Home NeuroLeadership Institute**

The NeuroLeadership Institute: Using hard science to transform leadership effectiveness.

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### **Employee Brain on Stress Can Quash Creativity And**

Right to the point. Work stress is a major problem, David Ballard PsyD, told me recently in an e-mail exchange. He heads up the American Psychological Association's Psychologically Healthy

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### **Dr Perlmutter Brain Maker Fecal Transplants and How to**

It's my pleasure to have Dr. David Perlmutter on the show again the author of the number one book in America on brain health after being out for just six days on Amazon.

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### **7 Types Of Experience Your Brain Needs To Forbes**

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### **Healthy Mind Platter for optimal brain matter**

There's no specific recipe for a healthy mind, as each individual is different, and our needs change over time too. The point is to become aware of the full spectrum of essential mental activities, and just like with essential nutrients, make sure that at least every day we are nudging the right ingredients into our mental diet, even for just a little time.

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### **About the Institute NeuroLeadership Institute**

With operations worldwide, the Institute provides unique brain-based, process-focused, and outcome-driven methodologies and frameworks that help individuals and organizations facilitate positive change and lead more effectively.

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### **Your Brain on Politics The Cognitive Neuroscience of**

This is an invited guest post by Andrea Kuszewski, a Behavior Therapist and Consultant for children on the autism spectrum based in Florida, and a researcher and manager with VORTEX: Integrative

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### **New Gibraltar Encyclopedia of Progressive Rock BA BH**

Discography: Depois Do Fim (83)Sete Cidades (01?, 02?Reviews: Depois Do Fim is a classic South American prog gem! Seven songs, all in the 5-7 minute range. Style-wise, Bacamarte are somewhat (and superficially) comparable to early Iconoclasta, with similarities in guitar style and synth tones, and an obvious Latin flair.

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