

YOUR BRAIN AT WORK



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Your Brain at Work Strategies for Overcoming Distraction

Your Brain at Work could have been inspiring if the writer hadn't adopted such a patronizing, schoolmasterly tone, if the writer had had more faith in the wit of the reader. As it is, the effect is This book, for me, is a bit like The Da Vinci Code.

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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 Psychology Today

Your Brain at Work Using neuroscience to improve daily life David Rock is executive director of the NeuroLeadership Institute, and CEO of the NeuroLeadership Group, a global consulting firm.

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Your Brain at Work Harvard Business Review

It shifts the focus of study from the activity of specific brain regions to how networks of brain regions activate in concurrent patterns.

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Your Brain at Work

In his new book "Your Brain at Work," coach David Rock depicts the story of two people o Google Tech Talk November 12, 2009 ABSTRACT Presented by David Rock.

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Your Brain at Work Must Read Summaries

The must-read summary of David Rock's book: "Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long". This complete summary of the ideas from David Rock's book "Your Brain at Work" shows that in order to deliver better performance in any setting, you need to first understand how you think.

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Your Brain at Work David Rock Hardcover

YOUR BRAIN AT WORK explores issues such as: - why our brains feel so taxed, and how to maximize our mental resources - why it's so hard to focus, and how to better manage distractions - how to maximize your chance of finding insights that can solve seemingly insurmountable problems

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Your Brain at Work Summary David Rock PDF Download

Some of Rock's tips may be hard to apply, but your focus will improve as you try to work with them.

getAbstract recommends his readable, useful insights on how the brain works, how to improve its function, and how to boost and sustain your ability to focus.

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