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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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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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Fortunately, David Rock is here to teach you a trick or two. Because, even though, he doesn't know you, he knows: Your Brain at Work. About David Rock. David Rock is the co-founder and Director of the NeuroLeadership Institute a coinage he invented.

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Your Brain at Work By David Rock A V Vedpuriswar

Your Brain at Work By David Rock Introduction crossing the speed limit, the primitive brain is at work! The emotional brain and the limbic system From the brain stem emerged the emotional centres. Human emotions map to the David Rock mentions that we must be fully aware of when we are multi-tasking.

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Your Brain at Work

Presented by David Rock. In his new book "Your Brain at Work," coach David Rock depicts the story of two people over one day at the office, and what's happening in their brains that makes it so

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Your Brain At Work Summary Four Minute Books

This Your Brain At Work summary will show you how limited your ability to think is, who to compete against to boost your brain power & why feedback sucks. Dr. David Rock is an expert when it comes to the state of high performance. He's trained over 10,000 people thanks to his background in neuroscience and leadership and

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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 David Rock Hardcover

Your Brain at Work Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long. by David Rock. On Sale: 10/06/2009. Read a Sample Your Brain at Work. by David Rock. We'd love you to buy this book, and hope you find this page convenient in locating a place of purchase. Select a Bookseller - Direct Link to Buy.

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David Rock in Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long applies what we have learned so far about the brain in that context and applies it to the world of work.

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Strategies for Overcoming Distraction Regaining Focus

Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long Featuring David Rock, Author of Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long

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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.

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