

HOW YOUR BRAIN WORKS BOOK



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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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Fortunately for Emily and Paul, they re in good hands: David Rock knows how the brain works and more specifically, how it works in a work setting.

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Book Review Your Brain at Work by David Rock I'd

Rock keeps your attention throughout by implementing a narrative conceit involving two people, Paul and Emily, in before-and-after scenarios. Paul and Emily make poor decisions at first, and then later, when they understand better how the brain works, they make better decisions and find more success in the mock situations.

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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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What is the best and most complete book about how the

I don't believe there is one book. The brain is too complex. Principles of Neuroscience is good. So is the Anatomy of Memory. You must understand the human body if you want to understand the brain. (The reason I went to medical school). So you need to understand basic chemistry and biology.

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How Your Brain Works HowStuffWorks

The brain performs an incredible number of tasks including the following: It controls body temperature, blood pressure, heart rate and breathing. It accepts a flood of information about the world around you from your

various senses (seeing , hearing , smelling , tasting and touching).

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Slide show How your brain works Mayo Clinic

A complicated highway system of nerves connects your brain to the rest of your body, so communication can occur in split seconds. Think about how fast you pull your hand back from a hot stove. While all the parts of your brain work together, each part is responsible for a specific function controlling everything from your heart rate to your mood.

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