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Your Brain At Work Strategies For Overcoming Distraction Regaining Focus And Working Smarter All Day Long

David Rock

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(Discovered by Dr Alan Mandell, DC)

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For You Your Brain At Work Strategies

In *Your Brain at Work*, Dr. David Rock goes inside Emily and Paul's brains to see how they function as each attempts to sort, prioritize, organize, and act on the vast quantities of information they receive in one typical day. Dr. Rock is an expert on how the brain functions in a work setting. By analyzing what is going on in their heads, he offers solutions Emily and Paul (and all of us) can use to survive and thrive in today's hyperbusy work environment—and still feel energized and ...

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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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