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And relaxing and focusing on (for example) your big toe, really can work to make you forget about being mad or stressed for the time being and that short period of time can be long enough to make you less mad or stressed. Lots of other good tips too. Definitely recommend.

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Your Brain at Work Strategies for Overcoming Distraction

Though the author seems reductionist in some places, this book delivers. Packed full of useful information about how your brain works and how to use your brain wisely, it's a must-read for anyone who wants to perform better at work, school, or in life in general.

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Your Brain at Work NeuroLeadership Institute

Your Brain at Work is the NeuroLeadership Institute's blog for all things thought leadership.

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Your Brain At Work Summary Four Minute Books

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 showed them how to get the most out of their brain. Your Brain At Work is his most popular book, which dives into the brains of Emily and Paul, two fictional characters.

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Wer schon immer mal verstehen wollte, wie unser Gehirn funktioniert, dem sei das Buch von David Rock Brain at Work empfohlen. Sieht man einmal von dem misslungenen Titel des Buches ab, schafft es der Autor durchaus darzustellen, was in einem unserer wichtigsten Organe passiert, w hrend wir der Arbeit nachgehen.

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Scene 1 Your Brain at Work Book oreilly com

SCENE 1 The Morning Email Overwhelm It's 7:30, Monday morning. Emily gets up from the breakfast table, kisses Paul and her children goodbye, closes the

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Your Brain at Work David Rock E book HarperCollins US

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

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David Rock's book Your Brain at Work Books Dr David

Your Brain at Work. By Dr. David Rock. 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

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 hard to focus and be productive. Not only does he

explain why things go wrong, but how you can train your brain to improve thinking and performance at work.
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Your Brain at Work Summary David Rock PDF Download

In this summary, you will learn. How your brain works, Why events distract and overwhelm you, and What methods you can use to improve your mental functions.

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

I recently listened to Your Brain at Work, a productivity/neuroscience book by David Rock. Rock's main argument is that by better understanding your brain

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