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Your Brain at Work: Strategies for Overcoming Distraction ...

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Long Hardcover – 6 October 2009 by
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"An hour into doing your work, you've got a lot less capacity than (at the

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beginning)," Rock says. "Every decision we make tires the brain." In order to focus effectively, reverse the order.

How to Stay Focused: Train Your Brain

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Use strategies and effective responses

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Understand neural plasticity and how
kids can affect their brains by
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anxiety. Describe the brain as an
association machine, by understanding
mental and neural associations, kids can
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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

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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.

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Your Brain at Work: Strategies for... book by David Rock

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

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deliver better performance in any setting, you need to first understand how you think.

Your Brain at Work: Strategies for Overcoming Distraction ...

YOUR BRAIN AT WORK Explores: Why our brains feel so taxed, and how to maximize our mental resources Why it's

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so hard to focus, and how to better
manage distractions How to maximize
your chance of finding insights that can
solve seemingly insurmountable
problems

Your Brain at Work The Book - NeuroLeadership Institute

By Jade Wu Ph.D. At some point, many of

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my clients—especially the high-achieving, hard-work-can-make-it-happen ones—experience a tipping point at work. As if their brain has blown a fuse, they find themselves mindlessly clicking a retractable pen for minutes at a time, or frantically scrolling through docume ...

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8 Strategies to Manage Overwhelming Feelings - WOHASU

Happy Brain Science highly recommends
Your Brain at Work: Strategies for
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