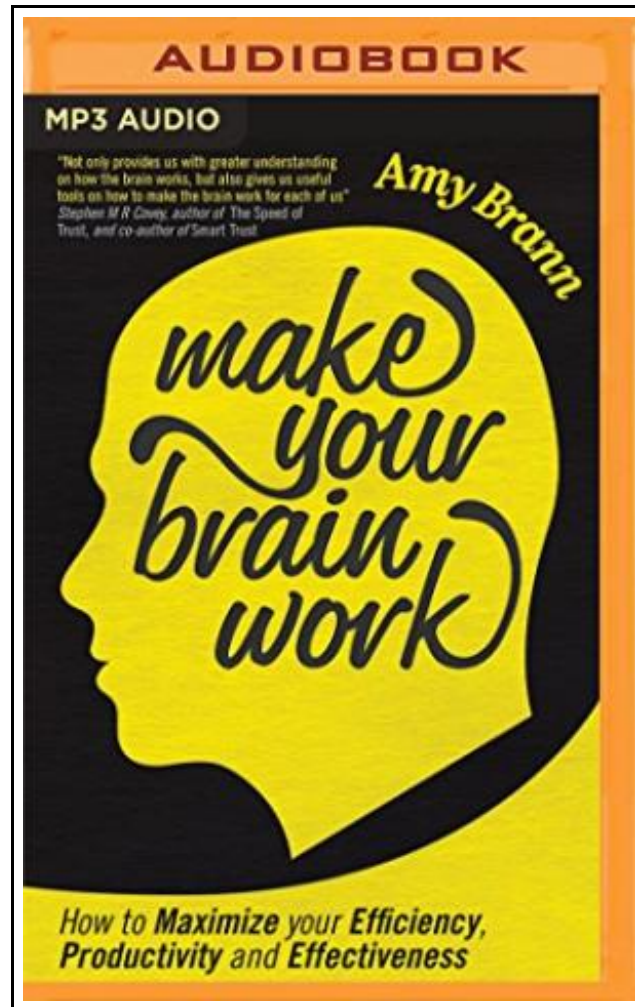


Make Your Brain Work: How to Maximize Your Efficiency, Productivity, and Effectiveness



Filesize: 8.49 MB

Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).

(Payton Miller)


MAKE YOUR BRAIN WORK: HOW TO MAXIMIZE YOUR EFFICIENCY, PRODUCTIVITY, AND EFFECTIVENESS

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Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Everyone wants to be more effective at work and to get maximum impact from minimum effort. Make Your Brain Work shows you how to do this, using the latest insights from neuroscience about how our mind works and what really makes us tick. Author Amy Brann is an expert in brain science, but you don t have to be: she has distilled the key findings you need into non-technical, practical guidance. Listen to this clear, engaging book and discover the things you can do to get yourself functioning at the top of your capabilities, more of the time. Learn the habits, techniques and behaviours that will get you the results you want, by making your brain work for you. Leave stress, negative moods and poor time management behind--Make Your Brain Work is your passport to a new improved you! Amy Brann studied medicine at University College London during which time she became passionate about training people in leadership and communication skills. Realising that a lot of the material available was very surface level in its approach, she left medicine to find a discipline that gave added depth: neuroscience. Through her business, Synaptic Potential, Amy works with many companies to help them better understand their teams, clients and organisations as a whole. Amy is the creator of the successful online community, Neuroscience in Business.

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