

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

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Your Brain At Work Strategies

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

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

In a Nutshell. You'll be a better person and a more effective leader if you buy Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long, read it, and do the work of learning to put it into practice. Read more.

Amazon.com: Your Brain at Work: Strategies for Overcoming ...

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Amazon.com: Your Brain at Work: Strategies for Overcoming ...

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 ...

Your Brain at Work, Revised and Updated: Strategies for ...

Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long. 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.

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

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.

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

Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long (Audible Audio)

Editions of Your Brain at Work: Strategies for Overcoming ...

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

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

In a Nutshell. You'll be a better person and a more effective leader if you buy Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long, read it, and do the work of learning to put it into practice. 6 people found this helpful.

Amazon.com: Customer reviews: Your Brain at Work ...

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

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

Your Brain at Work : Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long. by David Rock. Rated 5.00 stars. See Customer Reviews. Select Format. Hardcover. \$3.99 - \$25.35. Hardcover \$3.99 - \$25.35. Paperback--Paperback--Select Condition . Like New. Unavailable. Like New Unavailable. Very Good. \$4.69. Very ...

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

In Your Brain at Work , Rock 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 the chance of finding insights to solve seemingly insurmountable problems how to keep your cool in any situation, so that you can make the best decisions possible how to collaborate more effectively with others why providing feedback is so difficult, and how to make it easier how to be ...

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

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

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

Happy Brain Science highly recommends Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long to everyone, especially those seeking growth and change at work.

Your Brain at Work review - Happy Brain Science

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

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

David Rock. Harper Collins, Oct 6, 2009 - Business & Economics - 304 pages. 8 Reviews. In Your Brain at Work, David Rock takes readers inside the

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

heads—literally—of a modern two-career couple as...

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

One of the most effective distraction-management techniques is simple: switch off all communication devices during any thinking work. Your brain prefers to focus on things right in front of you. It takes less effort.

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

Rock's main argument is that by better understanding your brain, you can align the way you work with your brain's tendencies, patterns, and instincts to be more productive and successful. Rock keeps your attention throughout by implementing a narrative conceit involving two people, Paul and Emily, in before-and-after scenarios.

Your Brain at Work by David Rock | Audiobook | Audible.com

One thing to keep in mind is the intensity of your work-from-home experience during the pandemic versus a different time period. Think about how your situation may improve and become more ...

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