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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. Their lives, like all of ours, are filled with a bewildering blizzard of emails, phone calls, yet more emails, meetings, projects, proposals, and plans. Just staying ahead of the storm has become a seemingly insurmountable task.

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Your Brain at Work Summary David Rock PDF Download

Some of Rock s tips may be hard to apply, but your focus will improve as you try to work with them. getAbstract recommends his readable, useful insights on how the brain works, how to improve its function, and how to boost and sustain your ability to focus.

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Strategies for Overcoming Distraction Regaining Focus

Featuring David Rock, Author of Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long David Rock The Linkage Thought Leader Series 1 Dear Participant: Welcome to the Linkage broadcast, Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long. This broadcast from Linkage s Thought Leader Series features

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Your Brain at Work Dr David Rock

Project Description. 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 David Rock summary mindmap Creashock

Mindmap by creashock.be STAGE The stage is what you focus on at any one time A stage is a small podium in a theater where actors play a part Sometimes information comes from the side of the stage
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Your Brain at Work

Google Tech Talk November 12, 2009 ABSTRACT Presented by David Rock. 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

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Your Brain at Work by David Rock PhilosophersNotes

If so, this is the book for you. Big Ideas we explore include the importance of prioritizing prioritizing (aka quit blowing your brain up), how to decrease your IQ by 15 points (hah seriously here s how to be 3 times less effective than someone stoned! :0), why your basal ganglia is awesome, and how to rock the seesaw that is your limbic system + prefrontal cortex.

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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 reveal how we can better organize, prioritize, remember, and process our daily lives.

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