

Your Brain at Work, Revised and Updated 2020-08-11

a researcher and consultant burrows deep inside the heads of one modern two career couple to examine how each partner processes the workday revealing how a more nuanced understanding of the brain can allow us to better organize prioritize recall and sort our daily lives emily and paul are the parents of two young children and professionals with different careers emily is the newly promoted vice president of marketing at a large corporation paul works from home or from clients offices as an independent it consultant their days are filled with a bewildering blizzard of emails phone calls more emails meetings projects proposals and plans just staying ahead of the storm has become a seemingly insurmountable task 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 accomplished at the end of the day in your brain at work dr 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 more effective at changing other people s behavior and much more

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Overcoming Distraction 2013

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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 in his book the author explains the five building blocks that will significantly improve your performance and how to work with your brain instead of against it this summary is a must read for anyone who wants to boost their performance level and unlock their potential added value of this summary save time understand key concepts

expand your knowledge to learn more read your brain at work and discover the key to understanding your mind and improving performance

2019-07-11

how will you measure your life hbs

Summary: Your Brain at Work 2014-10-28

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GIVE & TAKE 2014-01-25

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The Power of Everyday Missionaries 2014-05-08

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are you ready to move beyond resilience the level of disruption as we start this new decade is like nothing we ve experienced before resilience simply won t cut it in the face of such uncertainty bouncing back isn t enough it s exhausting and it s burning us out we need something that sustains us in the long term we need to benefit rather than break from our experiences we need to turn disruption and uncertainty to our advantage we need to become antifragile using evidence from neuroscience psychology and lived leadership experience this book offers leaders practical guiding principles to embrace change rather than resist it lean into challenge rather than avoid it learn to thrive when times get tough the future is more uncertain than ever many leaders are struggling with this book you won t be one of them

The Overcoming of Distraction and Other Resistances 1916

over 40 000 copies sold an exhilarating but highly structured approach to the creative use of time kadavy s approach is likely to spark a new evaluation of conventional time management kirkus reviews you have the time do you have the energy you ve done everything you can to save time every productivity tip every life hack every time management technique but the more time you save the less time you have the more overwhelmed stressed exhausted you feel time management is squeezing blood from a stone introducing a new approach to productivity instead of struggling to get more out of your time start effortlessly getting more out of your mind in mind management not time management best selling author david kadavy shares the fruits of his decade long deep dive into how to truly be productive in a constantly changing world quit your daily routine use the hidden patterns all around you as launchpads to skyrocket your productivity do in only five minutes what used to take all day let your passive genius do your best thinking when you re not even thinking writer s block is a myth learn a timeless lesson from the 19th century s most underrated scientist wield all of the power of technology with none of the distractions an obscure but inexpensive gadget may be the shortcut to your superpowers keep going even when chaos strikes tap into the unexpected to find your next big idea mind management not time management isn t your typical productivity book it s a gripping page turner chronicling kadavy s global

search for the keys to unlock the future of productivity you ll learn faster make better decisions and turn your best ideas into reality buy it today

□□□ **1984**

a success best book of 2015 business psychologist tony crabbe outlines a unique three step approach to combating one of the modern life s great problems being too busy busy is divided into four digestible sections mastery differentiation and engagement that will teach readers how to switch from managing time to managing attention how to transition toward a career strategy that doesn t hinge on productivity how to think differently about success by re engaging with what matters and how to create the impetus energy and clarity to put all these changes into effect crabbe draws on entertaining psychological studies to show why we re getting it wrong at the moment and to develop a fresh new approach to taking back one s life from chaotic outside forces rarely has a book been more timely in both its scope and in its immediate impact

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an essential toolkit for life and work during lockdown and beyond you ve stockpiled enough baked beans and toilet roll to last for 6 months now what do you do as you shut the door on the world you try to keep a lid on your anxiety work is going crazy as the business world is turned upside down you rush between keeping your boss happy your children schooled and everyone fed despite endless cleaning the house remains resolutely chaotic your thoughts pirouette in worry over health loved ones and finances as the day spins away from you you ask yourself how will i get through this period and that s exactly the wrong question to ask in busy home business psychologist tony crabbe explains that when we aim higher than getting through we perform better enjoy ourselves more and have more resilience this deeply practical guide based on extensive psychological research will help you and your family navigate this unsettling and pressurized time busy home also reveals how to use the disruption of our routines habits and endless busyness as a once in a lifetime opportunity for a reset this is not a book about surviving covid confinement it s about thriving through this crisis and building more bounce into your life beyond

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today s workplace is fast paced highly complex and sometimes even life threatening yet it is possible to thrive in the pressure cooker of modern work life we all have the right to enjoy rather than just endure work in the unpredictability of even the most challenging environments the route to success and fulfilment at work is to build our resilience this groundbreaking book provides a highly effective toolkit that will empower you to survive thrive and flourish in the dynamic and fast changing context of blue light services discover how to be ready for the unexpected feel calm and confident under pressure and avoid burnout reduce stress and anxiety by understanding the essential components of a resilient work life evaluate your own resilience factor with the workplace resilience instrument jonathan rees shows us through bright examples and actionable exercises that we too can thrive under pressure our own resilient behaviors can be modeled to match the situations we face although reading about what makes people resilient can be insightful jonathan s battery of self assessment tools provides the reader with specific feedback to be more effective and view adverse situations as opportunities more so than danger dr larry mallak western michigan university author of the workplace resilience instrument wri this book represents the next stage of jonathan s work and provides any senior leader in the public sector with an opportunity to learn and refresh the practical skills that will help them in these challenging roles whether you are a senior leader in policing the nhs or elsewhere in the public sector i would recommend that you read this book and adopt its principles i promise that it will help you to survive and thrive in the pressure cooker chief superintendent ian wylie vice president police superintendents association

Becoming Antifragile 2022-03-24

this approach to remote facilitation makes virtual meetings powerful means of collaboration using proven techniques to accommodate a diversity of cultures locations and personalities many people struggle with remote meetings a cocktail of factors such as technical barriers and invisible group norms increase the uncertainty and risk of the already vulnerable task of collaborating and sharing ideas when remote meetings go badly they go really badly few things feel as lonely and intimidating as speaking to a screen with unreadable faces staring back in silence this book will help you improve the quality of your remote meetings with a little awareness some planning and some practice you can make your remote meetings an effective engaging and powerful mechanism for collaboration within your organization this book is for anyone seeking to get more value from remote meetings whether you re a seasoned facilitator a new facilitator or someone hoping to improve team meetings you will be empowered with principles and actionable methods to enhance your organization s effectiveness

Mind Management, Not Time Management 2020-10-27

offers a guide for teenage girls to develop a strategy for setting goals and achieving them through a straightforward step by step process

Busy 2015-07-07

how to develop the self discipline essential to become and remain a successful entrepreneur if you are an entrepreneur or want to become one self discipline is one of the most important skills you need to develop to achieve success entrepreneurship is a wild rollercoaster it will test your willpower and persistence time after time like nothing else get yourself ready for that ride by reading self discipline for entrepreneurs learn how to overcome the common temptations of entrepreneurs and deal with some of the most common challenges that stop many of them in their tracks through developing and maintaining self discipline by using the tools that are given in this book drawing upon my own experience of successful entrepreneurship and current scientific research this book covers the challenges faced by both new and seasoned entrepreneurs here are just some of the things you will learn three types of motivation and why one of them is much weaker than you think choose the right motivators and you ll dramatically strengthen your resolve how to create a lifestyle centered around self discipline discover how to change your mindset and your default behaviors so you will thrive as an entrepreneur even when you find yourself in less than ideal circumstances how to keep balance and maintain sanity as you work on your business the book gives you four reasons that lead to work imbalance and offers actionable solutions to enable you to persist in achieving the success you desire if you want to achieve lasting success sustainability is key four toolsets to develop your self discipline as an entrepreneur discover the most powerful traits habits or mindset changes that are necessary to strengthen your resolve as an entrepreneur the most common challenges facing people who want to start a business learn how to escape from a syndrome that is debilitating for new entrepreneurs and discover how to get past some of the most common stumbling blocks common self discipline challenges for experienced entrepreneurs once you have made a good start if you want to remain successful as an entrepreneur it s essential to discover how to handle these issues frequently asked questions related to self discipline find out how to maintain self discipline when you feel discouraged keep going when everyone rejects you boost your confidence when business goes down find the willpower to work on your business if you have a day job and or other obligations and more the life of an entrepreneur can be arduous let this book help you prepare for these challenges and thrive no matter what you encounter in your entrepreneurial life keywords develop self discipline willpower self discipline for entrepreneurs self control books stress reach your goals self control achieve your goals instant gratification long term goals goal setting success goal setting books how to reach your goals how to achieve your goals persistence how not to give up how to be an entrepreneur stay motivated build habits entrepreneurship personal development

Busy@Home 2020-05-18

this hands on book will equip your students with the tools needed to be effective communicators in the workplace it increases students awareness and understanding of how their brain works and how it interprets information thereby helping them to process information more effectively and create stronger relationships and networks chapters take students through all the core areas of communication from face to face encounters and email to social media and online conferences and contain top tips and activities throughout practical business communication is an essential resource for students of all disciplines looking to boost their communication skills

The Resilience Toolkit 2019-02-04

The Remote Facilitator's Pocket Guide 2020-06-30

Doable 2015-01-20

Self-Discipline for Entrepreneurs 2016-09-28

Practical Business Communication 2017-06-13

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