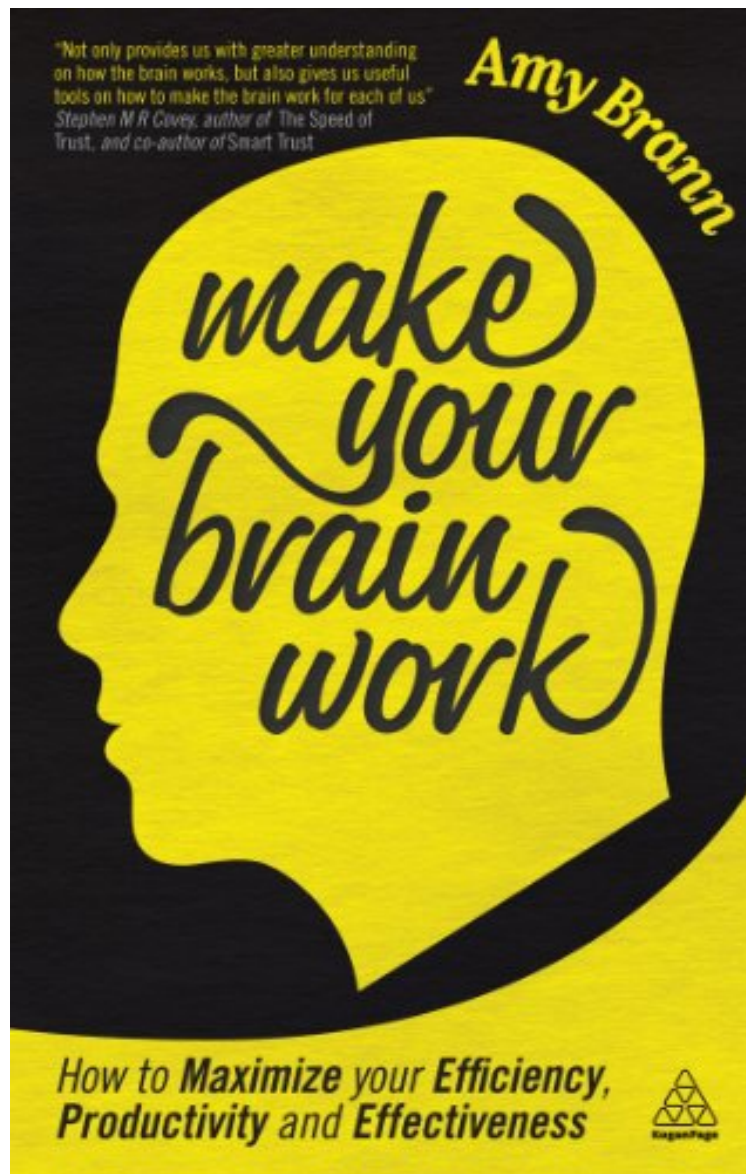


(Read and download) Make Your Brain Work: How to Maximize Your Efficiency, Productivity and Effectiveness

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

Amy Brann

ePub | *DOC | audiobook | ebooks | Download PDF



[Download](#)

[Read Online](#)

#858218 in eBooks 2013-01-03 2013-01-03 File Name: B00ALG48BK | File size: 72.Mb

Amy Brann : Make Your Brain Work: How to Maximize Your Efficiency, Productivity and Effectiveness before purchasing it in order to gage whether or not it would be worth my time, and all praised Make Your Brain Work: How to Maximize Your Efficiency, Productivity and Effectiveness:

3 of 3 people found the following review helpful. Make Your Brain Work By Christine E. Sier With the world so incredibly fast moving and so much for anyone to accomplish, "Make Your Brain Work" is an essential go-to book for how to approach focusing on what is important, feeling in control, living in balance, and getting the results you have always wanted but seemed to have eluded you in the past. As an executive coach I utilize brain based research to coach clients on how to use their brain more effectively in getting "stuff" done and having the life and career they have always dreamed of. I realized this is an excellent reference (and a very engaging read) when I have underlined so many ideas listed. At the end of each chapter there is a section that bullets how the mind works optimally, actions to take, and top tips for work-life balance making it easy to find just what you are looking for fast! This is a book that everyone can use. You don't need a background in neuroscience. It is well organized, lots of good tips by using a story chronicling three people and their coach specializing in neuroscience coaching. Excellent read! Make Your Brain Work: How to Maximize Your Efficiency, Productivity and Effectiveness 0 of 0 people found the following review helpful. Four Stars By Diane Dean Nothing new but easy to read if you want a good "Brain 101" 0 of 1 people found the following review helpful. Five Stars By Miss M A G Lavecchia Great ideas and advice

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. Read 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, overwhelm, negative moods and poor time management behind - Make Your Brain Work is your passport to a new improved you!

"Make Your Brain Work is an engaging book that is simultaneously filled with insight and application. Amy Brann not only provides us with greater understanding on how the brain works but she also gives us useful tools on how to make the brain work for each of us." (Stephen M. R. Covey author of The Speed of Trust, and coauthor of Smart Trust) [B]eneficial reading for anyone who wants to optimize their effectiveness in both their professional and personal lives. The book provides in-depth insights into neuroscience and how evolutionary developments and chemical reactions in the brain influence an individual's responses to situations and other people. These insights can help anyone improve their ability to prioritize tasks, learn new things, adopt healthy habits, establish a positive attitude, and achieve goals."