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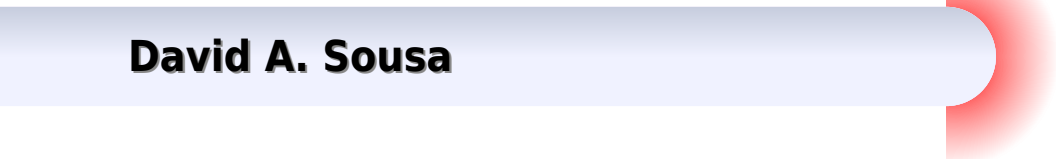
HOW TO MAXIMIZE YOUR
EFFICIENCY, PRODUCTIVITY
& EFFECTIVENESS

AMY BRANN



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David A. Sousa



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You Are Not Your Brain Jeffrey Schwartz MD, Rebecca Gladding MD, 2012-06-05 Two neuroscience experts explain how their 4 Step Method can help identify negative thoughts and change bad habits for good A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Brain Lock* and *The Mind and the Brain* Jeffrey M Schwartz has spent his career studying the human brain He pioneered the first mindfulness based treatment program for people suffering from OCD teaching patients how to achieve long term relief from their compulsions Schwartz works with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by overactive brain circuits i.e. bad habits social anxieties etc the key to making life changes that you want to make your brain work for you is to consciously choose to starve these circuits of focused attention thereby decreasing their influence and strength *You Are Not Your Brain* carefully outlines their program showing readers how to identify negative impulses channel them through the power of focused attention and ultimately lead more fulfilling and empowered lives

Brainwork David A. Sousa, 2018-12-19 Through engaging stories and studies the author shows you how to leverage the most provocative neuroscience research to increase your productivity expand your creative vision and become a stronger leader By dispelling brain myths and applying an understanding of how the brain perceives plans and influences behavior you'll transform your leadership organizational management and impact The neuroscience and leadership topics addressed in this book will help you Deal with information overload and ignore irrelevant information to improve your decision making process Cultivate and develop creativity and solve problems by thinking differently Increase

your emotional intelligence to work and build relationships with colleagues effectively Control stress in the workplace and manage the emotions of a crisis Nurture a healthy brain by understanding the impact of diet exercise and sleep on your mental wellness Contents Introduction Chapter 1 The Curse of Too Much Information Chapter 2 The Myth of Multitasking Chapter 3 Respecting the Emotional Brain Chapter 4 Improving Your Thinking Chapter 5 Leading by Dissent Chapter 6 Moral and Ethical Leadership Chapter 7 Taking Care of Your Brain Notes Bibliography Index About the Author 440

Games, Puzzles & Brain Boosters Specially Designed to Keep Your Mind Sharp Nancy Linde, 2024-08-27 From Nancy Linde's bestselling puzzle series this book features 440 all new exercises to challenge and improve your brain's long term memory working memory processing speed executive function attention to detail multitasking skills Achieving and maintaining a higher level of mental fitness every day can be surprisingly fun and to your brain it's healthy exercise In this next exciting entry in her bestselling games series including 399 Games Puzzle Trivia Challenges Designed to Keep Your Brain Young with 547 000 in print Nancy Linde offers a brand new collection of puzzles trivia challenges brainteasers and word games that are not only great fun to do but are specifically designed to give your brain the kind of workout that stimulates neurogenesis the process that allows the brain to grow new cells With each daily puzzle cross train your brain by targeting one of 6 key cognitive functions Long term memory working memory executive functioning attention to detail multitasking and processing speed And 75 Brain Boosters a brand new feature in this book will build on the original puzzle and take your brain in a new direction

Your Brain; Your Power Lawrence A. Olatunji, 2012-12-17 Your brain is 100 billion cells and 3 200 000 km of wires with 1 000 000 000 000 000 synaptic connections all packed into 1.5 liters and weighing 1.5 kg Your brain determines virtually everything you do voluntary and involuntary activities ranging from walking breathing sweating to emotion learning and personality expression This organ influences how your body responds to disease causing organisms and even could dictate how well individuals respond to treatments It receives and processes information from the environment and shapes your thoughts dreams aspirations and imaginations Indeed it determines your behaviors worth and values It also differentiates you from other species or another person This fundamental aspect of human nature is laid bare when our brains fail Why you need this book In a new and innovative manner the author presents scientific facts that can be practised in our daily lives using relevant examples This book can become a resource material for your brain fitness and even your total wellness It is written in a way that is reader friendly and can be adapted as a personal wellness tool kit The materials would be of an immense use since most of us would prefer to live a meaningful life every moment of our lives This book Aims at improving learning and memory Provides holistic strategies to keep your brain ever powerful Describes the role your brain in stress management Guides you to use your brain to achieve great feats even at old age Presents the scientific basis of addiction dependence and other brain disabled conditions By reading this book to the end you must have completed a tour of empowerment through the instrumentality of your brain

Change Your Brain, Change Your Life (Revised and

Expanded) Daniel G. Amen, M.D., 2015-11-03 NEW YORK TIMES BESTSELLER In this completely revised and updated edition neuropsychiatrist Dr Daniel Amen includes effective brain prescriptions that can help heal your brain and change your life Perfection in combining leading edge brain science technology with a proven user friendly definitive and actionable road map to safeguard and enhance brain health and functionality David Perlmutter M D New York Times bestselling author of Grain Brain In Change Your Brain Change Your Life renowned neuropsychiatrist Daniel Amen M D includes new cutting edge research gleaned from more than 100 000 SPECT brain scans over the last quarter century and scientific evidence that your anxiety depression anger obsessiveness or impulsiveness could be related to how specific structures work in your brain Dr Amen s brain prescriptions will help you To quell anxiety and panic Use simple breathing techniques to immediately calm inner turmoil To fight depression Learn how to kill ANTs automatic negative thoughts and use supplements targeted to your brain type To curb anger Follow the Amen anti anger diet and learn the nutrients that calm rage To boost memory Learn the specific steps and habits to decrease your risk for Alzheimer s disease that can help you today To conquer impulsiveness and learn to focus Develop total focus with the One Page Miracle To stop obsessive worrying Follow the get unstuck writing exercise and learn other problem solving exercises You re not stuck with the brain you re born with

This book delves into Make Your Brain Work Make Your Brain Work. Make Your Brain Work Make Your Brain Work is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Make Your Brain Work Make Your Brain Work, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
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 - Chapter 2: Essential Elements of Make Your Brain Work Make Your Brain Work
 - Chapter 3: Make Your Brain Work Make Your Brain Work in Everyday Life
 - Chapter 4: Make Your Brain Work Make Your Brain Work in Specific Contexts
 - Chapter 5: Conclusion
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 6. In chapter 5, the author will draw a conclusion about Make Your Brain Work Make Your Brain Work. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Make Your Brain Work Make Your Brain Work.

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