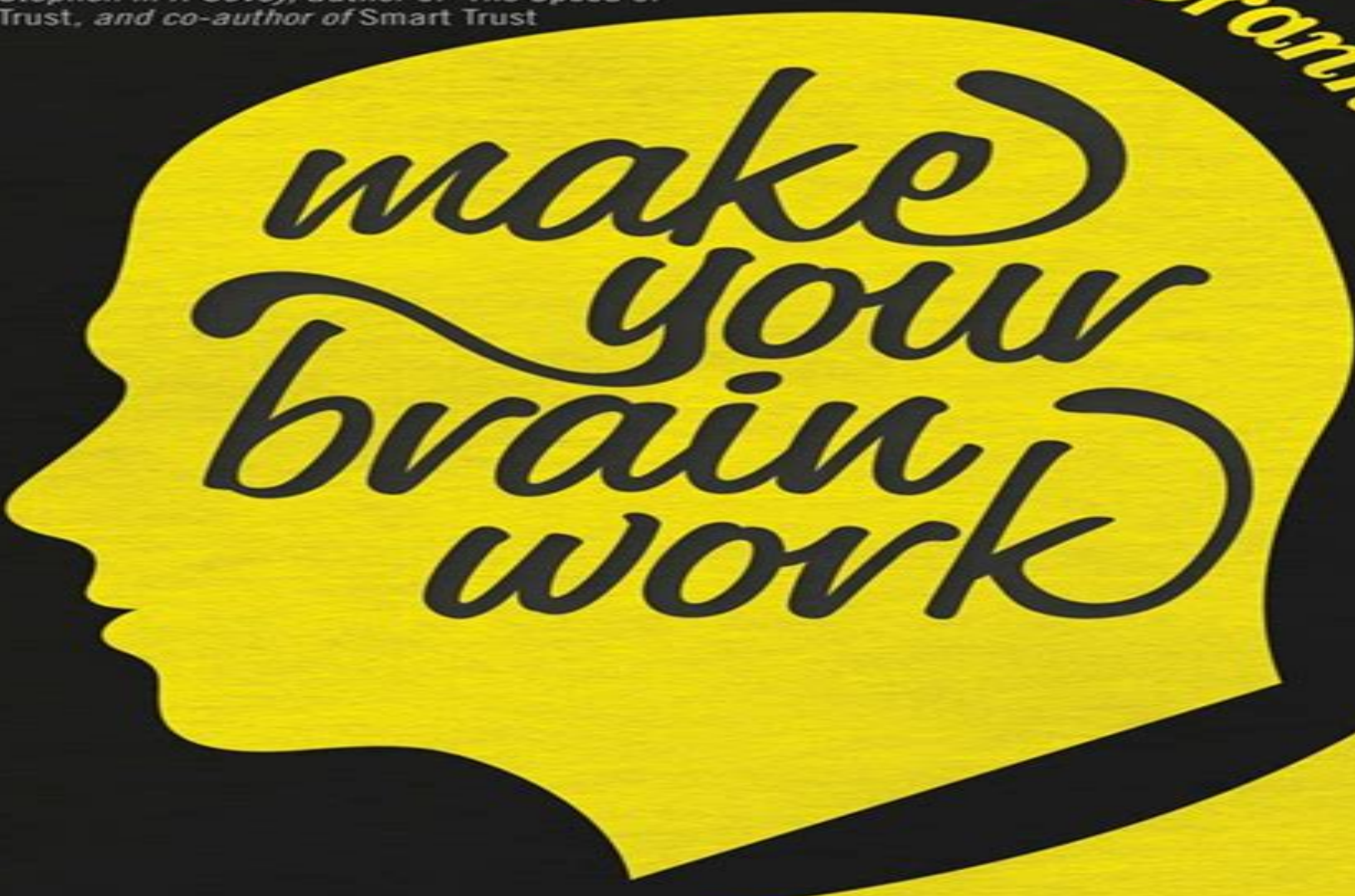


"Not only provides us with greater understanding on how the brain works, but also gives us useful tools on how to make the brain work for each of us"
Stephen M R Covey, author of The Speed of Trust, and co-author of Smart Trust

Amy Brann



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***How to Maximize your Efficiency,
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Make Your Brain Work Amy Brann, 2020-01-03 Do you know how your brain functions Do you sometimes feel like you're fighting your own brain and habits in order to be productive at work What if there was a way to work with your brain to become more efficient effective and productive and transform the way you operate Make Your Brain Work is here to help Author Amy Brann is fascinated by the application of brain science to business and you don't have to be an expert to understand she explains the principles and latest insights in practical and easy to understand language enabling you to understand the way you work and form the helpful habits that will revolutionize your output With clear in context examples hands on tips and focused case studies on how companies are doing things well and the pitfalls to avoid this entertaining book will help you reduce the stress and overwhelm of poor time management and help get you to that next professional level Including brand new content on developing resilience and creativity and managing your work life balance now it's even easier to Make Your Brain Work

Make Your Brain Work, 2017

Make Your Brain Work Amy Brann, 2013-01-03 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

Neuroscience for Coaches Amy Brann, 2022-03-03 Many coaching tools and techniques are now well established but how do they actually work The third edition of Neuroscience for Coaches answers this question to help coaches and managers deliver greater value to clients and employees Based on extensive research Neuroscience for Coaches provides a clear explanation of the aspects of neuroscience that are relevant to coaching so coaches can describe to clients why particular techniques work and the benefits to be gained from using them It also features interviews with Marshall Goldsmith Susan Grandfield Christian van Nieuwerburgh and Kim Morgan on topics including mindfulness and behaviour change in coaching This fully updated third edition covers the latest neuroscientific research on key brain areas and their functions such as the Prefrontal cortex and Amygdala which affect attention processing and emotional regulation With tips and insights throughout it crucially demonstrates the ways in which coaches and managers who coach can use this information effectively and practically in their everyday work Neuroscience for Coaches is a vital resource for improving coaching practice with the latest scientific developments tools and techniques

Practical Business Communication Emma Sue Prince, 2017-06-13 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

Neuro-Sell Simon Hazeldine,2013-11-03 Anyone involved in sales faces huge challenges these days from fierce global competition and increased pressure on margins to the power of internet savvy buyers and difficulties with getting time with prospective buyers To succeed in sales something more than the traditional techniques is needed Neuro Sell presents an effective brain based approach to selling that is sensitive to what s going on in the customer s mind Neuro Sell helps readers understand the importance of the unconscious and get below the surface of what people say to recognise what they really mean Packed with examples quizzes templates and interactive exercises it develops readers skills in building sales relationships with the four main types of buyer and outlines the five stages of neuro negotiating that will help give readers the competitive edge

Mastering Coaching Max Landsberg,2015-10-01 Coaching is one of the most sought after leadership skills vital for anyone who wants to develop a team of people who will perform effectively but are also motivated and relish working together It s also a dynamic discipline which in recent years has developed and grown to embrace theory and practice from a wide range of other disciplines frameworks and models Mastering Coaching starts by asking what skills an effective coach must now possess to boost the performance of their coachees In response it summarises the most important research in areas such as neuroscience sports psychology and mindfulness positive psychology mastery and goal setting and offers a clear simple and practical guide to how this new thinking can help coaches and managers to develop their own coaching practice Written by Max Landsberg executive coaching and professional development expert and author of the perennial bestseller *The Tao of Coaching* Mastering Coaching goes beyond the basics of coaching by providing insights which offer a proven route map to coaching success Practical and jargon free the book will equip readers with the techniques and tools necessary to take their coaching to the next level

Monotasking Staffan Nöteberg,2021-06-01 Tips and tricks to cut down your to do list and avoid procrastination Are you prone to delaying all those projects you need to complete Is that checklist getting just a little too daunting Don t get sucked into the spiral of procrastination Start checking off that to do list with Monotasking In this simple easy to follow book author Staffan N teberg shares his effective and powerful monotasking method to help you strengthen your self control and improve your focus on those daily tasks No more delaying the inevitable Sure you d rather be reading that new book or watching the game but those things need to get done And you know you ll have a much better time if you don t have your to do list looming over you In just six chapters you will be up and eagerly completing all those chores even the ones that you hate These chapters detail easy steps to improving your get up and go and clearing off that chore list They include Cut to do tasks Focus on one thing Never delay Work step by step Simplify

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Managing Time Effectively Timothy Presley, There is a famous quote that says Either you run the day or the day runs you Are you finding it hard to manage your time effectively Are you getting overwhelmed due to procrastination and finding it difficult to engage in activities that excites you Then you are at the right place I m sure that after reading and following this book you will become the most productive and organized person you know Implementation of exact time management skills and leadership qualities will help you get more organized and increase productivity Mastering these techniques will enhance your personality and will boost your leadership skills The time management strategies explained in this book will guide you in making decisions and avoid procrastination You will come across some unique ideas and tools which help you in maximizing your productivity on a long term basis Click BUY NOW at the top of the page and instantly Download Managing Time Effectively How to boost productivity making effective and practical schedules embracing change Leadership and organization Inside You Will Discover The Importance of time Ways to manage time effectively Getting rid of procrastination How to organize and prioritize Improve your productivity Effective and practical scheduling tips How to manage change effectively Leadership qualities Plus much much more Through the innovative techniques explained in this book you can focus on the tasks that are truly important thus avoiding the risk of procrastination Simple and effective methods of planning and scheduling your time reduces stress and improves your self esteem The more time you spend thinking and planning the better organized you will be in every aspect of life Detailed explanations are given on topics such as maintaining your focus and prioritizing your tasks Tactical methods for managing change will help you in improving and controlling your daily life activities Remember successful people seldom procrastinate Click BUY NOW at the top of the page and instantly Download Managing Time Effectively How to boost productivity making effective and practical schedules embracing change Leadership and organization

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van Horen, 2025-03-13 A tour de force Drawing on cognitive psychology neuroscience and her own experience this book offers compelling lessons for how busy people can lead better lives Richard Layard What if the key to a happier more balanced life was already inside your head As a professor of financial economics Neeltje van Horen excelled in a demanding career but constant self doubt and stress left her feeling stuck Seeking a way out she turned to neuroscience and psychology and discovered how retraining her brain one small habit at a time transformed her life In Ignite van Horen shares her journey and her discoveries Blending relatable stories cutting edge research and practical strategies she reveals how small intentional changes can deliver meaningful results Recognising that everyone's path is unique she offers a range of techniques helping you discover what aligns best with your needs and aspirations Whether you're looking to boost mental performance break free from negative thought patterns or restore balance in your life Ignite gives you the tools to unlock your brain's potential and change your life

The Top Books of the Year Make Your Brain Work How To Maximize Your Efficiency Productivity And Effectiveness The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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