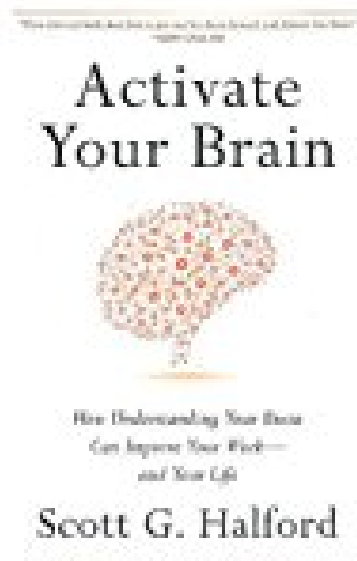


Activate Your Brain How Understanding Your Brain Can Improve Your Work - and Your Life



BOOK DETAILS

- Author : Scott G. Halford
- Pages : 248 Pages
- Publisher : Greenleaf Book Group Press
- Language : English
- ISBN : 1626341974

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BOOK SYNOPSIS

A Wall Street Journal Bestselling ebook! Axiom Business Book Bronze Award Winner
Push your brain to full power, for success at the office and at home Would you like more control over your life and your work? Would you like greater stamina as you carry out your daily tasks? How about more significance and meaning as you move forward in your career? Scott Halford shows us how we can all find these things if we simply understand how to activate the full potential of the brain. This incredible organ is still full of mystery, but we know enough to harness its power better than ever before. We just have to recognize how the brain works, and understand the actions we can take to help it perform at its best. Combining research, anecdote, and inspiration, Activate Your Brain shows you how small steps toward better brain function and management can eventually lead to success on a whole new level. Each chapter offers “Activations”—exercises that help optimize your brain function to . . .

- increase your focus,
- build self-confidence and willpower,
- manage distractions,
- reduce negative stress,
- collaborate effectively with others,
- and much more.

In the end, Activate Your Brain is an indispensable collection of practical things you need to know about your wonderful brain—which, when fully harnessed, can give you more of the fulfilled life you seek.

ACTIVATE YOUR BRAIN HOW UNDERSTANDING YOUR BRAIN CAN

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