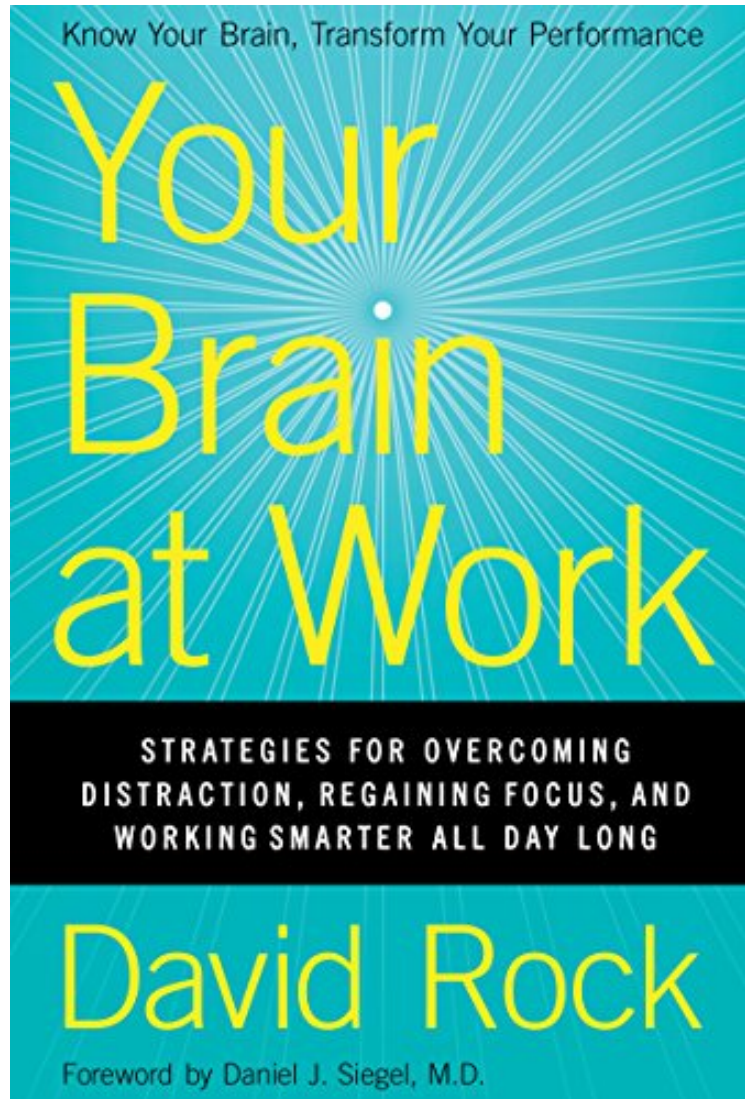


[Free read ebook] Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long

Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long

David Rock

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David Rock : Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long:

0 of 0 people found the following review helpful. Everyone on the team enjoyed it, and it helped spur discussion on how ...By T SamWe read this as part of a tech Product Management team book club. Everyone on the team enjoyed it,

and it helped spur discussion on how to address individual and team productivity. There were some questionable sections where the author referred to professional women as "girls" and used a gastrointestinal study as an example (couldn't find another example?), but as stated, it's still worthwhile. 0 of 0 people found the following review helpful.

Impactful and practical
By David C. Clulee
David Rock is a star in my opinion and this book 'rocked my world'. David takes complex subject matter and presents it in easily digestible bite sizes. The analogies are simple and I love the stories of how Paul and Emily deal with a range of all too common scenarios, and stresses, that arise at home and at work. The book claims to provide 'strategies to overcome distraction, regain focus, and work smarter, all day long', and certainly I found this to be the case - in spoonfuls! Really practical insights that can be applied immediately, and which cumulatively have made a profound impact on my efficacy and output. Highly recommended. 0 of 0 people found the following review helpful.

Working Your Brain Right
By Steve Gladis
David Rock has written an immensely entertaining and readable classic book for the layperson about how the brain works. Pulling from mounds of neuroscience research and using a powerful play/stage analogy, Rock shines a light into the less obvious corners of the brain. He helps us understand the delicate dance between the limbic brain and the prefrontal cortex (PFC). He shows us how quickly we get overwhelmed by data and emotions; how to control our concentration when it starts to slip away; how to practice being more mindful; and how to use the SCARF model to move others toward change. A read well worth the effort.