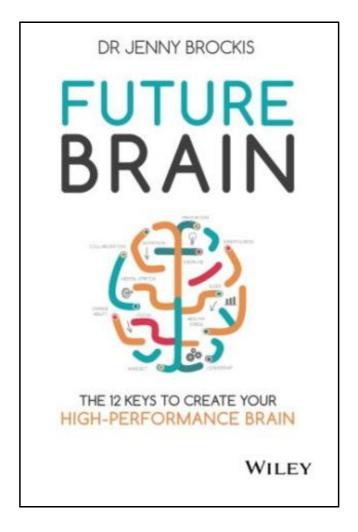
#### Future Brain: The 12 Keys to Create Your High-Performance Brain (Paperback)



Filesize: 7.59 MB

#### Reviews

A high quality book and also the font employed was intriguing to read. I was able to comprehended every thing out of this created e book. You wont really feel monotony at whenever you want of the time (that's what catalogues are for concerning should you check with me).

(Prof. Johnson Cole Sr.)

# FUTURE BRAIN: THE 12 KEYS TO CREATE YOUR HIGH-PERFORMANCE BRAIN (PAPERBACK)



John Wiley Sons Australia Ltd, Australia, 2016. Paperback. Book Condition: New. 215 x 142 mm. Language: English . Brand New Book. Super-charge your brain to gain a huge competitive edge in business and in life Future Brain is the busy professional s secret weapon for boosting mastery, efficiency, and productivity to gain that coveted competitive edge? in business and in life. Designed to be implemented at the individual, team, or organisational level, this in-depth, step-by-step framework leverages neuro-scientific principles to help you develop a solid, habit-changing plan for building and maintaining brain fitness and healthy behaviours. Author Dr. Jenny Brockis will help you develop your thought processes and your regular routine to get more done with less effort and time. Based on the idea of neuroplasticity, these daily practices improve focus, creativity, and effectiveness to help you stay relevant, competitive, and way ahead of the pack. You already have a magnificent brain, but you probably take it for granted; we often develop survival techniques that force our brain to work with an incompatible operating system in an effort to keep up with the ever-increasing velocity of change and information overload. This book helps you beef up your brain awareness so you can take advantage of the built-in features and native capabilities that make the human brain a truly awesome machine. \* Reduce stress and avoid stress-related illnesses \* Foster healthy thinking habits to boost efficiency \* Build your expertise with renewed focus and stamina \* Drive innovation through productive collaboration A brain that can change, adapt, lead, and collaborate to operate with a high level of flexibility, agility, and creativity is a brain that will serve you well now and into the future. Future Brain turns neuroscience into actionable steps, helping you to train your brain to achieve high-performance...

Read Future Brain: The 12 Keys to Create Your High-Performance Brain (Paperback)
Online

Download PDF Future Brain: The 12 Keys to Create Your High-Performance Brain (Paperback)

#### You May Also Like



## Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 6: Gran s New Blue Shoes (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

Save Book »



### Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: The Backpack (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

Save Book »



## Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 2: The Fizz-buzz (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

Save Book »



# Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Egg Fried Rice (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

Save Book »



# Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 4: Wet Feet (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

Save Book »