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Some of Rock's tips may be hard to apply, but your focus will improve as you try to work with them. getAbstract recommends his readable, useful insights on how the brain works, how to improve its function, and how to boost and sustain your ability to focus.

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Your Brain at Work. By Dr. David Rock. Meet Emily and Paul: The parents of two young children, Emily is the newly promoted VP of marketing at a large corporation while Paul works from home or from clients offices as an independent IT consultant.

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Fortunately for Emily and Paul, they're in good hands: David Rock knows how the brain works-and more specifically, how it works in a work setting. Rock shows how it's possible for Emily and Paul, and thus the reader, not only to survive in today's overwhelming work environment but succeed in it-and still feel energized and accomplished at the end of the day. YOUR BRAIN AT WORK explores issues

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David Rock learn more about the book at www.your-brain-at-work.com. iv 1 About us Our purpose: making a bigger difference We believe we must n make a difference through everything we do n Collaborate for sustainable relationships and results n Continuously innovate and grow n Allow simplicity to be our guide Corporate initiatives We specialise in embedding coaching cultures within

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Your Brain at Work - Dr. David Rock

Project Description. By Dr. David Rock. Meet Emily and Paul: The parents of two young children, Emily is the newly promoted VP of marketing at a large corporation while Paul works from home or from clients offices as an independent IT consultant.

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