

## YOUR BRAIN AT WORK DAVID ROCK PDF%0A

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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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In Your Brain at Work, David Rock takes readers inside the heads literally of a modern two-career couple as they mentally process their workday to reveal how we can better organize, prioritize, remember, and process our daily lives.

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Your Brain at Work By David Rock Introduction The ability to understand and manage ourselves is critical to our success. If we want to do well in life, we need to understand how our brain, the central processing unit

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David Rock learn more about the book at [www.your-brain-at-work.com](http://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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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.

### Strategies for Overcoming Distraction, Regaining Focus ...

Featuring David Rock, Author of Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long David Rock The Linkage Thought Leader Series 1 Dear Participant: Welcome to the Linkage broadcast, Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long. This broadcast from Linkage's Thought Leader Series features

### Your Brain at Work | Psychology Today

Your Brain at Work Using neuroscience to improve daily life David Rock is executive director of the NeuroLeadership Institute, and CEO of the NeuroLeadership Group, a global consulting firm.

### Your Brain at Work The Book - NeuroLeadership Institute

David Rock is just the right guide for bringing the brain to work. Daniel J. Siegel, , M.D., Clinical Professor, UCLA School of Medicine If you have no interest in being creative, effective and happy, then Your Brain at Work may not be for you but for everyone else, it's a must read!

### Your Brain at Work

In his new book "Your Brain at Work," coach David Rock depicts the story of two people over one day at the office, and what's happening in their brains that makes it so hard to focus and be

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### Your Brain at Work Summary - blog.12min.com

Your Brain at Work Summary is David Rock's neurolinguistic analysis of the way your brain works, with a special list of practical suggestions on how to use this knowledge to overcome distractions, regain focus, and start working smarter.

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