

your brain at work strategies for overcoming distraction - your brain at work strategies for overcoming distraction regaining focus and working smarter all day long david rock on amazon com free shipping on qualifying offers 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, **your brain at work strategies for overcoming distraction** - your brain at work strategies for overcoming distraction regaining focus and working smarter all day long kindle edition, **home your brain at work** - this is the best the most helpful and the brainiest book i ve read on how the brain affects how why and what we do and act after reading only the first four chapters i felt roughly 100 more efficient in organizing my work and personal life, **how to perform at your peak every day 10 tips for working** - the key to accomplishing more at work isn t working more it s working smarter here are 10 tips for using your precious mental energy wisely, **50 inspiring audiobooks to self improve while you work out** - when you re zoned out on the treadmill or bike these audiobooks will inspire you to be better while you re perspiring, **12 must read books that will raise your emotional** - there s no question leading and working with emotional intelligence will get you far while numerous books have been written on the topic my picks below in no particular order cover what i would consider the most influential books on emotional intelligence, **social neuroscience the brains behind positive safety** - safety performance and worker safety remains a critical concern for organisations the cost of safety incidents extends well beyond the financial and includes less readily quantifiable costs such as organisational eg worker s compensation premiums legal costs fines damaged reputation, **how to win every argument time** - via your brain at work strategies for overcoming distraction regaining focus and working smarter all day long the source of the difficulty here lies in who comes up with the solution paul s suggestion makes him look smarter and eric less smart, **odaklanmak ba ar n n nko uludur temel aksoy blog** - las vegas ta 146 metre y kseklikte 109 metre uzunlu undaki ipte y r yerek bir d nya rekoru k ran ip cambaz andy lewis rekorunu y ksek konsantrasyonuna ve bunu hi kaybetmemesine bor lu oldu unu s yler konsantrasyon becerisi st n ba ar g steren b t n sporcular n ortak zelli idir, **leading blog a leadership blog leadership archives** - this post is by kelly riggs and robby riggs kelly riggs is an author speaker and business performance coach for executives and companies throughout the u s and canada kelly is a former sales executive and two time national salesperson of the year with well over two decades of executive management and training experience, **health living information on living a healthy lifestyle** - healthy living information for lifelong health through weight management fitness overall family health and wellness, **10 things not to say to a depressed person and please don** - i cringed at these things my friends said to me these few years for those of you who don t really get us i ve decided to let you know 10 things not to say to a depressed person from my own experience and be forewarned for if you ever dare to even start uttering the below to me i will hang you by your legs upside down skin you alive and then deep fry you before publicly disowning you

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