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receive in one typical day. Dr. Rock is an expert on how the brain functions in a work setting. By analyzing what is going on in their heads, he offers solutions Emily and Paul (and all of us) can use to survive and thrive in today's hyperbusy work environment—and still feel energized and ...

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Your Brain at Work, Revised and Updated: Strategies for...

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

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or from clients' offices as an independent IT consultant.

Regaining Focus And Working

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Your Brain at Work: Strategies for Overcoming Distraction ...

In Your Brain at Work, Dr. David Rock goes inside Emily and Paul's brains to see how they function as each attempts to sort, prioritize, organize, and act on

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the vast quantities of information they receive in one typical day. Dr. Rock is an expert on how the brain functions in a work setting.

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Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long, read it, and do the work of learning to put it into practice. 6 people found this helpful.

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Your Brain at Work : Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long. by David Rock. Rated 5.00 stars. See Customer Reviews. Select Format. Hardcover. \$3.99 - \$25.35. Hardcover \$3.99 - \$25.35.

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resources why it's so hard to focus, and
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to maximize the chance of finding
insights to solve seemingly
insurmountable problems how to keep
your cool in any situation, so that you
can make the best decisions possible
how to collaborate more effectively with
others why providing feedback is so

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Your Brain at Work: Strategies for Overcoming Distraction ...

Happy Brain Science highly recommends
Your Brain at Work: Strategies for

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Overcoming Distraction, Regaining
Focus, and Working Smarter All Day
Long to everyone, especially those
seeking growth and change at work.
David
Rock

Your Brain at Work review - Happy Brain Science

The must-read summary of David Rock's
book: "Your Brain at Work: Strategies for

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Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long". This complete summary of the ideas from David Rock's book "Your Brain at Work" shows that in order to deliver better performance in any setting, you need to first understand how you think.

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Your Brain at Work: Strategies for Overcoming Distraction...

David Rock. Harper Collins, Oct 6, 2009 - Business & Economics - 304 pages. 8

Reviews. In *Your Brain at Work*, David Rock takes readers inside the heads—literally—of a modern two-career couple as...

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Your Brain at Work: Strategies for Overcoming Distraction...

One of the most effective distraction-management techniques is simple: switch off all communication devices during any thinking work. Your brain prefers to focus on things right in front of you. It takes less effort.

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Your Brain at Work: Strategies for Overcoming Distraction...

Rock's main argument is that by better understanding your brain, you can align the way you work with your brain's tendencies, patterns, and instincts to be more productive and successful. Rock keeps your attention throughout by implementing a narrative conceit

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Overcoming Distraction
involving two people, Paul and Emily, in before-and-after scenarios.

Smarter All Day Long David
Your Brain at Work by David Rock | Audiobook | Audible.com

One thing to keep in mind is the intensity of your work-from-home experience during the pandemic versus a different time period. Think about how

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