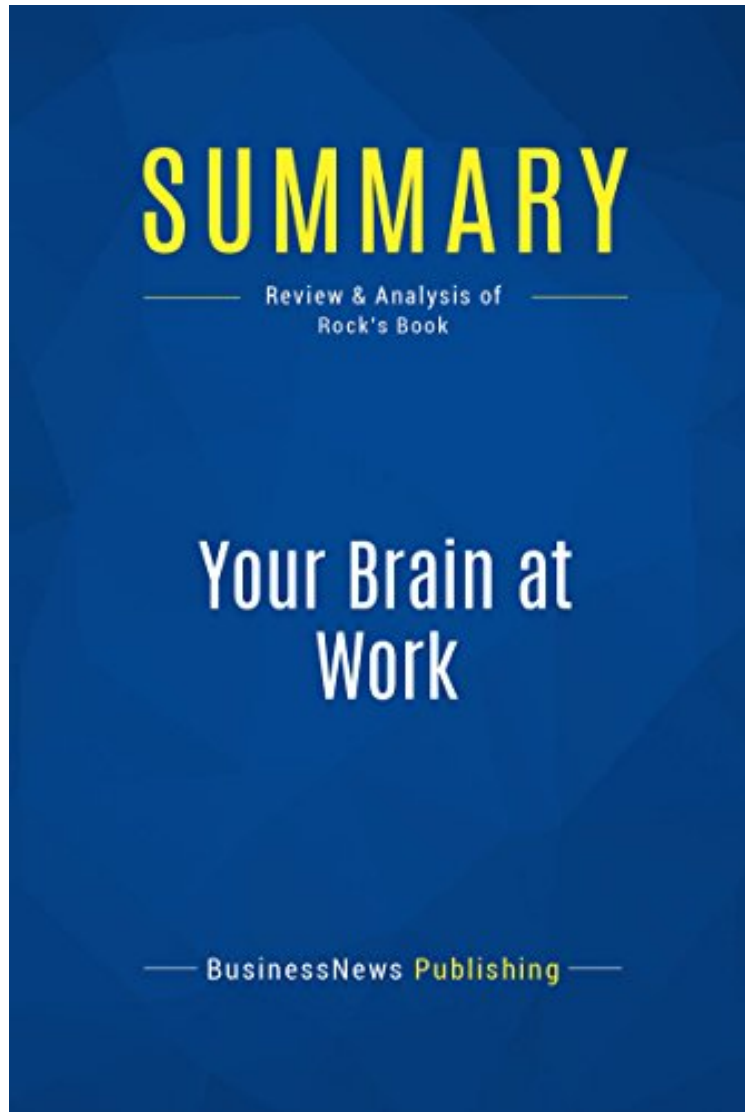


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Summary: Your Brain at Work: Review and Analysis of Rock's Book

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0 of 0 people found the following review helpful. The Overview I Needed By Timi Gleason I had tried to read the actual book. I have to be able to participate in a group discussion in another two weeks. The reading was too slow and I felt I might miss the high points. I had several AHA moments reading this summary and am very grateful that a colleague recommended this solution. I also found the content to be extremely pertinent to some leadership challenges

being discussed with some clients. Now I have a very affordable 30-minute leadership tool I can recommend that will nail down options...and frankly, bust open wonderful new perspectives and possibilities. I am really excited about the quality of material that was offered in this summary. 0 of 0 people found the following review helpful. Useless! By Customer Unless you are going to sit in bright light with a huge magnifying glass then you should not order this. I wear glasses, they are brand new and while I can read type this small the production of this is horrid and ridiculous for the price. Useless! 0 of 0 people found the following review helpful. Five Stars By Miguel Hernandez Clear, succinct and informative.

The must-read summary of David Rock's book: "Your Brain at Work: Strategies for 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. In his book, the author explains the five building blocks that will significantly improve your performance and how to work with your brain instead of against it. This summary is a must-read for anyone who wants to boost their performance level and unlock their potential. Added-value of this summary:

- Save time
- Understand key concepts
- Expand your knowledge

To learn more, read "Your Brain at Work" and discover the key to understanding your mind and improving performance.