



Make Your Brain Work: How to Maximize Your Efficiency, Productivity, and Effectiveness

By Amy Brann

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Everyone wants to be more effective at work and to get maximum impact from minimum effort. Make Your Brain Work shows you how to do this, using the latest insights from neuroscience about how our mind works and what really makes us tick. Author Amy Brann is an expert in brain science, but you don't have to be: she has distilled the key findings you need into non-technical, practical guidance. Listen to this clear, engaging book and discover the things you can do to get yourself functioning at the top of your capabilities, more of the time. Learn the habits, techniques and behaviours that will get you the results you want, by making your brain work for you. Leave stress, negative moods and poor time management behind. Make Your Brain Work is your passport to a new improved you! Amy Brann studied medicine at University College London during which time she became passionate about training people in leadership and communication skills. Realising that a lot of the material available was very surface level in its approach, she left medicine...



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