

# Read Make Your Brain Work: How to Maximize Your Efficiency, Productivity and Effectiveness PDF by Amy Brann eBook or Kindle ePUB Online free

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## Synopsis Books:

Using the latest insights from neuroscience about how our mind works and what really makes us tick, *Make Your Brain Work* explains how to be more effective in the workplace and to get maximum impact from minimum effort.

Author Amy Brann is an expert in brain science, and she has distilled its key findings into non-technical, practical guidance. She presents an entirely different type of training: training based on the science of the mind. Offering soft skills training through the lens of neuroscience, her engaging book helps readers discover how to function at the top of their capabilities and learn the habits, techniques and behaviors that will get positive results. Challenges addressed include: frustration with management, work-life balance, motivating people and achieving goals. *Make Your Brain Work* shows readers how to leave stress, negative moods and poor time management behind and become more efficient at work.

Tags

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