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Working Smarter All Day

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David Rock. David Rock is the co-founder and Director of the NeuroLeadership Institute – a coinage he invented. “Your Brain at Work Summary”. We’ve written about your brain quite a few times before. And there are several reasons for... Key Lessons from “Your Brain at

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Working Smarter All Day
Your Brain at Work (Jack Rock) To be
at a peak state (the zone), your brain
needs three conditions to be met: A
sense of certainty A sense of status A

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sense of control. When you have enough of all three conditions, your brain will shift into a state of optimal stimulation (not too much or too little challenge) and will emit alpha brain waves (a biological indicator of the zone state).

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mental resources are limited, don ' t
multitask!. Our brain ' s ability to
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Long
perform is limited. And modern
technology,... Prioritize mental
energy. One strategy to deal with our

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limited mental resources for to
prioritize tasks. And spend our...
External distractions. ...

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Your brain is subject to “ surprising
performance limitations. ” You can

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think at your highest levels for only limited periods of time. To make decisions or solve problems, you depend mainly on your powerful prefrontal cortex. However, the prefrontal cortex is a little like Goldilocks: For it to work well, everything has to be just right.

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I've listed just one from each scene in Act 1 to start the process of getting the most out of Your Brain at Work:

Scene 1: The Morning Email Overload

— Surprise about the brain:

Conscious thinking involves billions of neurons in the... Surprise about the

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Rock: Conscious thinking involves
billions...

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Requiring Focus And
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Working Smarter All Day
Long
In Your Brain at Work, Dr. David Rock
goes inside Emily and Paul's brains to
see how they function as each

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attempts to sort, prioritize, organize, and act on 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. By analyzing what is going on in their heads, he offers solutions Emily and Paul (and all of us) can use

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to survive and thrive in today's
hyperbusy work environment—and
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Your Brain at Work - NeuroLeadership
Institute

YOUR BRAIN AT WORK Explores: Why
our brains feel so taxed, and how to
maximize our mental resources Why
it ' s so hard to focus, and how to
better manage distractions How to

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Maximize your chance of finding
insights that can solve seemingly
insurmountable problems

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Long
In his book, the author explains the
five building blocks that will

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Your Brain At Work explores the inner

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workings of the human brain and provides methods to optimize your thinking. Drawing upon thousands of neuropsychological studies conducted in the last 25 years, the book presents strategies to overcome distraction and become more focused.

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Summary) - LinkedIn Learning
The Brain at Work and at Home In the
last decade, we've seen tremendous
changes in our workforce. With all of
the recent advancement in
technologies, nearly three-quarters of

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Today
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Working Smarter All Day
Long
Using your brain to solve problems,
answer questions and make decisions
is best done when you ' re at your
peak For night owls, this is obviously

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a much later period in the day. On the other hand, if you 're trying to do creative work, you 'll actually have more luck when you 're more tired and your brain isn 't functioning as efficiently.

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