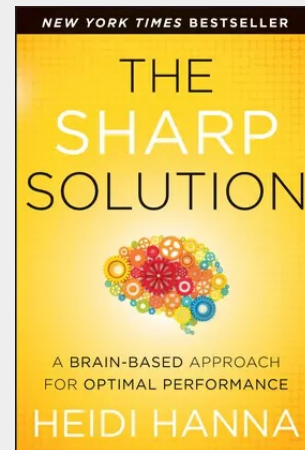


The Sharp Solution

Train Your Brain to Energize Your Life In The Sharp Solution, Heidi Hanna introduces readers to a brain-based approach to realistic, sustainable energy management that supports a healthier brain, and as a result a healthier, happier body. By engaging our brain, we can strategically re-wire how we operate, creating more energy and improving productivity while simultaneously reducing stress. As a result, we become more focused and productive, flexible and resilient, and able to sustain higher levels of health and performance over time. These critical aspects of "cognitive fitness"—mental strength, flexibility, and endurance—allow us to function at our best and enjoy life to the fullest. - Breaks down complicated concepts into easy to understand stories and applications - Walks readers through a step-by-step process of designing a personal action plan that can be utilized to decrease stress, balance hormones, increase energy, and improve overall health, happiness, and performance - Heidi Hanna, PhD, is a performance coach and keynote speaker who has trained thousands of individuals on practical ways to incorporate positive psychology and wellness strategies to improve productivity and performance We all know what we should be doing to create a more optimal life—eating better, exercising regularly, sleeping more, taking time to relax, and having more balance in our life. But The Sharp Solution enables you to actually make those changes to your habits.

Train Your Brain to Re-Energize Your Life "We all know that the biggest challenge in life isn't knowing what to do—it's actually doing it! The Sharp Solution provides a simple way to create positive behavior change that is not only successful, but also sustainable." -Dan Buettner, New York Times bestselling author of The Blue Zones "The world needs more people like Heidi Hanna. Her book reminds us that science should be lived. Her work has inspired thousands of leaders to want to see how much potential their brain really has." -Shawn Achor, author, The Happiness Advantage "Having worked with Dr. Hanna in the past, I particularly like her ability to take all the latest scientific research, boil it down, and present it in a way that doesn't overwhelm you." -Justin Rose, PGA Tour Professional Golfer



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