

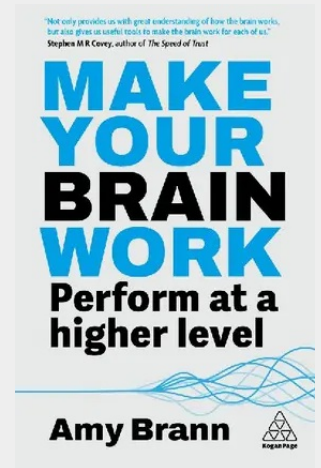
Brann

Make Your Brain Work

Perform at a Higher Level

Boost focus, performance and mental energy at work without burning out. *Make Your Brain Work* is the science-backed guide for anyone juggling multiple responsibilities and aiming to improve focus, boost performance and maintain mental energy without burning out. Whether you're managing a busy workload or preparing for your next career move, this book helps you stay productive, sharp and in control, even under pressure. Neuroscience expert, **Amy Brann** breaks down cutting-edge brain research into practical, everyday strategies. You'll learn how to beat mental fatigue, block out distractions, improve decision-making and build lasting cognitive habits that keep you performing at your best. If you want to lead with clarity, manage stress more effectively or make smarter choices when it matters most, ***Make Your Brain Work*** gives you the tools to thrive, not just survive, in today's demanding workplaces. **Themes include:** *mental performance, workplace wellbeing, focus and productivity, stress management, adaptive decision-making, cognitive resilience*

Productivity, efficiency and effectiveness are all under your control. But in today's fast-paced, high-demand workplace it can be overwhelming as you try to juggle a growing list of responsibilities, maintain your personal wellbeing and plan for long-term career success. *Make Your Brain Work* is a practical science-backed guide to help you sharpen your focus and help you perform at a higher level. It will help make your everyday life smoother and more rewarding. You'll learn how to tackle distractions, stay mentally sharp and build healthy workplace habits that will keep you performing at your best, without burning out. Whether you're looking to fast-track your career or simply make each day more manageable, author Amy Brann gives you the tools to do this. You'll discover how to boost your creativity, make smarter decisions and keep up in a world where being adaptable is a skill that will get you noticed. Your best self is within you and your brain has the ability to unlock this in your day-to-day life. Use the evidence-based brain-boosting techniques of *Make Your Brain Work* and perform better.



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