



Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long

By David Rock

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Meet Emily and Paul: The parents of two young children, Emily is the newly promoted VP of marketing at a large corporation while Paul works from home or from clients' offices as an independent IT consultant. Their lives, like all of ours, are filled with a bewildering blizzard of emails, phone calls, yet more emails, meetings, projects, proposals, and plans. Just staying ahead of the storm has become a seemingly insurmountable task.

In this book, we travel inside Emily and Paul's brains as they attempt to sort the vast quantities of information they're presented with, figure out how to prioritize it, organize it and act on it. Fortunately for Emily and Paul, they're in good hands: David Rock knows how the brain works-and more specifically, how it works in a work setting. Rock shows how it's possible for Emily and Paul, and thus the reader, not only to survive in today's overwhelming work environment but succeed in it-and still feel energized and accomplished at the end of the day.

YOUR BRAIN AT WORK explores issues such as:

- 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 maximize your chance of finding insights that can solve seemingly insurmountable problems
- how to keep your cool in any situation, so that you can make the best decisions possible
- how to collaborate more effectively with others
- why providing feedback is so difficult, and how to make it easier
- how to be more effective at changing other people's behavior

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Editorial Review

Review

“Simply put, this intriguing book offers fascinating research about the brain’s functions, limitations and capacities, and it teaches us how we can “direct” our own brain chemistry in order to achieve fulfillment and success. Well worth reading and ingesting these skills.” (Stephen R. Covey, author of *The 7 Habits of Highly Effective People*)

“This is the best, the most helpful, and the brainiest book I’ve read on how the brain affects how, why and what we do and act.” (Warren Bennis, Distinguished Professor of Business and University Professor, University of Southern California and author of *On Becoming a Leader*)

“This book will improve how you work—by showing you how your brain works!” (Marshall Goldsmith, author of *What Got You Here Won’t Get You There*)

“Rock makes the science of your mind accessible and relevant.” (Daniel Akst, *Fortune Small Business*)

“Rock deserves an ovation for his writing and direction.” (Fort Worth Star-Telegram)

“Rock makes the science of your mind accessible and relevant.” (Fortune Small Business)

“...highly informative look at the way our minds work at work.” (St. Paul Pioneer Press)

About the Author

David Rock is a consultant and leadership coach who advises corporations around the world. The author of *Coaching with the Brain in Mind*, *Quiet Leadership*, and *Personal Best*, he is the CEO of Results Coaching Systems, a leading global consulting and coaching organization. He is on the advisory board of the international business school CIMBA and the cofounder of the NeuroLeadership Institute and Summit. He lives in Sydney, Australia, and New York City.

Users Review

From reader reviews:

Robert Warden:

Nowadays reading books become more than want or need but also be a life style. This reading behavior give you lot of advantages. Advantages you got of course the knowledge even the information inside the book that improve your knowledge and information. The knowledge you get based on what kind of reserve you read, if you want attract knowledge just go with education and learning books but if you want really feel happy read one with theme for entertaining for example comic or novel. The actual *Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long* is kind of reserve which is giving the reader unpredictable experience.

Richard Swisher:

The book with title Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long possesses a lot of information that you can learn it. You can get a lot of advantage after read this book. This specific book exist new expertise the information that exist in this publication represented the condition of the world currently. That is important to you to find out how the improvement of the world. This specific book will bring you inside new era of the globalization. You can read the e-book on your smart phone, so you can read that anywhere you want.

Carolyn Franklin:

Exactly why? Because this Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long is an unordinary book that the inside of the book waiting for you to snap it but latter it will shock you with the secret the item inside. Reading this book adjacent to it was fantastic author who all write the book in such awesome way makes the content within easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This unique book will give you a lot of advantages than the other book possess such as help improving your proficiency and your critical thinking approach. So , still want to hold up having that book? If I were you I will go to the publication store hurriedly.

Antonio Ritchie:

Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long can be one of your beginner books that are good idea. All of us recommend that straight away because this publication has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to put every word into pleasure arrangement in writing Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long nevertheless doesn't forget the main position, giving the reader the hottest as well as based confirm resource details that maybe you can be certainly one of it. This great information may drawn you into fresh stage of crucial contemplating.

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