



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

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Complete summary of David Rock's book: "Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long".

This summary of the ideas from David Rock's book "Your Brain at Work" shows that in order to deliver better performance in any setting, you need to first understand how you think. In his book, the author explains the five building blocks that will significantly improve your performance and how to work with your brain instead of against it. This summary is a must-read for anyone who wants to boost their performance level and unlock their potential.

Added-value of this summary:

- Save time
- Understand key concepts
- Expand your knowledge

To learn more, read "Your Brain at Work" and discover the key to understanding your mind and improving performance.



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