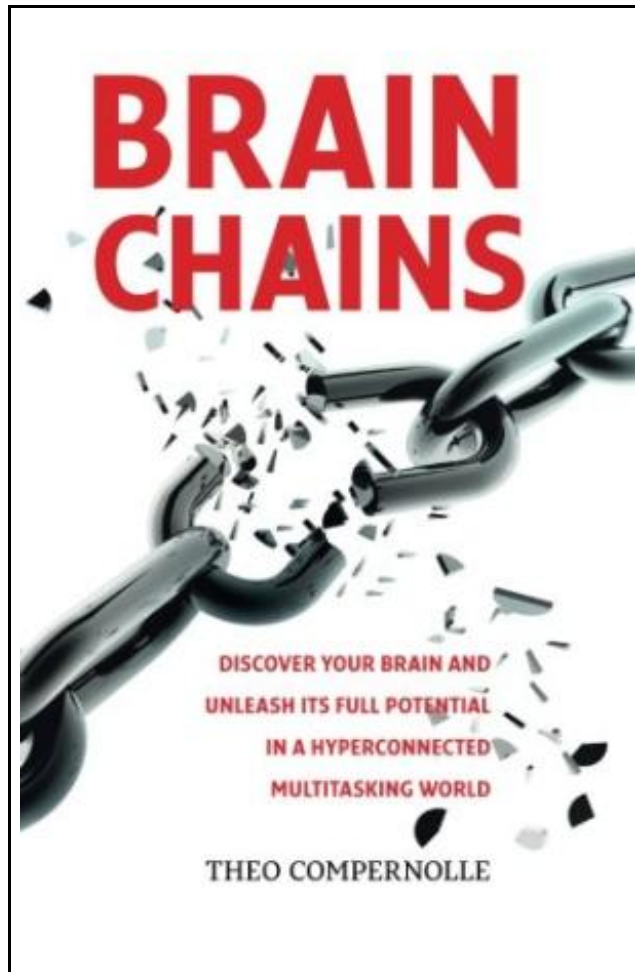


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Compuplications, United States, 2014. Paperback. Book Condition: New. 212 x 138 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In this book **BRAINCHAINS** you discover your brain, to unleash its full potential in a hyperconnected, multitasking world Prof Dr Theo Compennolle studied over 600 publications, surveyed 1200 professionals and wrote another easy readable and practical book.As a medical doctor, neuropsychiatrist and scholar with decades of experience in medical schools and business schools in many countries, he integrates science from many domains. What is your most important tool to be successful as a professional? Your brain! What do you know about your thinking brain? Nothing. The sad result: a majority of knowledge workers ruin the performance of their magnificent brain, and obstruct the matchless potential of their brain-ICT collaboration (Information and Communication Technologies). Taking into account the strengths and weaknesses of your brain you will also get the best results from your brain-ICT synergy. -Part 1: How your reflecting brain, your archiving brain and your reflex brain influence your thinking -Part 2: The BrainChains: how always being connected, multitasking, stress and lack of sleep ruin your performance -Part 3: Practical tools and tips to unchain your brain -The fifth BrainChain; Badly Designed Offices about disastrous open offices is a FREE BOOKLET at Eye-opener! A great read for all of us who are juggling-it-all, work and family, are interested in increasing productivity and to get the most of our brains AND our smart phones.Marjan Inbar, Senior Communications Consultant, NY. USA . .quite a feat to integrate research from so many domains and turn them in a very readable, inspiring, useful often surprising and even stirring book. not only the problems. but also the solutions. Daniel Blumberg, Principal and Investor, NY . . a compelling, meticulously researched, and cleverly illustrated...

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