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applies what we have
learned so far about
the brain in that
context and applies it
to the world of work.

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a quick read that is
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again. David Rock does a masterful job integrating a vast landscape of fascinating psychological and neuroscience research in a way that is extremely accessible to readers across the spectrum.

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David Rock goes inside Emily and Paul's brains to see how they function as each attempts to sort, prioritize, organize, and act on the vast quantities of information they receive in one typical day. In Your Brain at Work, Rock explores issues such as: Special offers and product promotions

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In Your Brain at Work,
David Rock takes
readers inside the
heads—literally—of a
modern two-career
couple as they
mentally process their
workday to reveal how
we can better organize,
prioritize, remember,
and process our daily
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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

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Emily and Paul: The
parents of two young
children, Emily is the
newly promoted VP of
marketing at a large

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corporation while Paul works from home or from clients' offices as an independent IT consultant.

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to everyone, especially
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and change at work. It
is power-packed with
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yourself, with Rock
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clients and customers.

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If so, you know the

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power of strategic breaks to refresh your brain and help you see a situation in a new way. A “break” is a brief cessation of work, physical exertion, or activity. You decide to “give it a rest” with the intention of getting back to your task within a reasonable amount of time.

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first understand how
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Personal Best, shows
how it's possible for
this couple, and thus
the reader, not only to
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