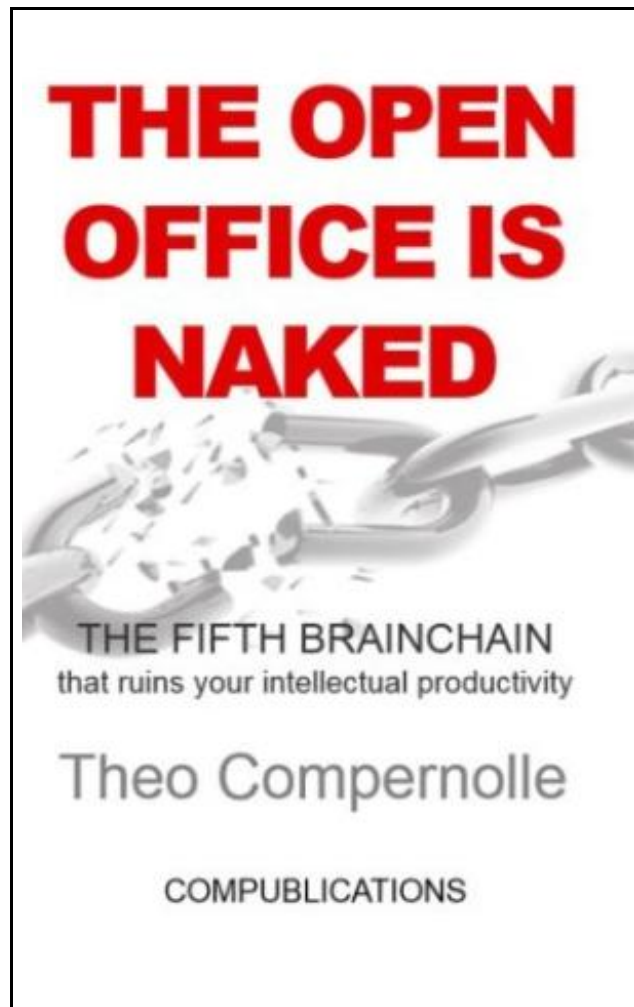


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(Alfreda Barrows)

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Compernelle Consulting, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Because modern ZOO-directors know more about the inborn needs of their animals, than company-directors about the innate needs of people. the cages in modern zoos are better for animals, than modern offices for people. Working in an open plan office reduces your intellectual productivity very significantly. If try to keep up your concentration, you pay the price of spending more energy, having more stress and leaving the office more exhausted than in an office with less distraction. The negative impact of these distractions that are outside of your control, is worsened by the distractions that you should control yourself: especially email, social media and surfing the web. To know if your office is fit for the work you do is very simple: do the telephone test. If you need attention and concentration to do intellectual work, and you can hear other people making phone calls. then you are in the wrong office. You re a knowledge worker or a manager of these brainworkers. But what do you know that s really practically useful about your most important instrument for your work and success; your brain? For 99 of the professionals the answer is: NOTHING! What do you know about the effect on your brain, your intellectual productivity and wellbeing, of the improper use of your wonderful information and communication technology, to always be online, multitasking, constant stress, lack of sleep and . poorly designed open offices? In my book BRAINCHAINS. Discover your brain and unleash its full potential in a hyperconnected multitasking world I explain some essentials about your thinking brain, the ways you unknowingly chain it and the solutions (see . As a result of the...



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