



Future Brain: The 12 Keys to Create Your High-Performance Brain

Jenny Brockis

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Super-charge your brain to gain a huge competitive edge in business and in life

Future Brain is the busy professional's secret weapon for boosting mastery, efficiency, and productivity to gain that coveted competitive edge — in business and in life. Designed to be implemented at the individual, team, or organisational level, this in-depth, step-by-step framework leverages neuro-scientific principles to help you develop a solid, habit-changing plan for building and maintaining brain fitness and healthy behaviours. Author Dr. Jenny Brockis will help you develop your thought processes and your regular routine to get more done with less effort and time. Based on the idea of neuroplasticity, these daily practices improve focus, creativity, and effectiveness to help you stay relevant, competitive, and way ahead of the pack.

You already have a magnificent brain, but you probably take it for granted; we often develop "survival techniques" that force our brain to work with an incompatible "operating system" in an effort to keep up with the ever-increasing velocity of change and information overload. This book helps you beef up your brain awareness so you can take advantage of the built-in features and native capabilities that make the human brain a truly awesome machine.

- Reduce stress and avoid stress-related illnesses
- Foster healthy thinking habits to boost efficiency
- Build your expertise with renewed focus and stamina
- Drive innovation through productive collaboration

A brain that can change, adapt, lead, and collaborate to operate with a high level of flexibility, agility, and creativity is a brain that will serve you well now and into the future. *Future Brain* turns neuroscience into actionable steps, helping you to train your brain to achieve high-performance in all areas of life.

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