

BrainChains: Your thinking brain explained in simple terms. Full of practical tools, tips and tricks to improve your efficiency, creativity and health. How to cope better with ICT, being always connected, multitasking, email, social media, lack of sleep and stress By 4books.live **Brainchain ai** If there is one thing you should take from BrainChains Do not use your phone while driving : ) 520 pages This is one of those books that do have impact on your habits ... at least for me it did and that is I think the biggest value a book can have. **BrainChains epub file** He does this with humour and passion.

### **BrainChains kindle unlimited**

In this book BRAINCHAINS you discover your brain to unleash its full potential in a hyperconnected multitasking world Prof Dr Theo Compernelle studied over 600 publications surveyed 1200 professionals and wrote another easy readable and practical book. **BrainChains bicycles nyc** 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). **BrainChains kindle app** 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 www. **Brainchain ai** org "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. **BrainChains epub file** 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 case against the twin tyrannies of hyperconnectivity and multitasking... also shows how to free ourselves from them" Nélima and Jorge Colapinto (Psychologists). **Brainchain ai** An essential and easy read for practical people who want to know how people work and what can be practically done to maximize their efficiency and reduce human error" Malc Staves Global Health & Safety Director L'Oréal. **Brainchain olio su tela di willem den broeder** "Gottlieb GUNTERN President of CREANDO International Foundation for Creativity & Leadership Switzerland "...This book shows me a so powerful human brain Looking inside into my brain I get my idea to have my life back under my own control... and recapture time to love and be loved" Wei TAO Business Information Manager of DSM China BrainChains: Your thinking brain explained in simple terms. **BrainChains book** How to cope better with ICT being always connected multitasking email social media most specially brain workers and those who think they can multitask ore have children that spend their days in front of their phones and computers. **Brainchain ai** Can honestly say that this book has changed me for the better! PS DON'T PHONE AND DRIVE! Make your life and that of others safer! 520 pages I am involved in software development and testing than 20 years. **BrainChains kindle app** We need well thought profoundly changed habits culture business policy education system that is not caught up in the web of belief that having tablet equals personal development per se. **BrainChains pdf converter** This books provides a number of important data that caution us to ask ourselves important questions about our habits and how we ruin our companies families health and safety by blindly following manufacturers of various gadgets. **Brainchain ai** 520 pages I've been into productivity efficiency and task management for a long time and this book really opens your eyes to reality and things you know in your heart but never been articulated and backed up by research and science. **BrainChains kindle app** Most importantly book gives you the backup the language is clear a bit provocative and the ingoing position is looking at all the "chains" that prevent us today from using our full brain potential. **Brainchain ai** and honestly it works! These "so what" insights on management habits vary from driving while phoning multi tasking working long hours open office practices work efficiency to what helps you to have better strategic conversations deep thinking and creativity...He explains all this with "different chains" that confine the proper usage of all our brain potential.

**BrainChains epub file** The book is written in such a way that you can skip and go to some of the topics (chains) you are most interested in but honestly do not skip the first parts!! Highly recommended for management to translate all these new brain insights into new management habits for better/ wise management!!!! Joanne 520 pages Great book with rock solid research to back it but you will have to try to look beyond the at times lacking presentation and repetitions. **BrainChains kindle unlimited** Reading the book on my Kindle I really liked the book but it could have been edited quite a bit shorter without sacrificing the important messages as the book was about three times the length I expected when I started without looking/checking. **Brainchain ai** In the 21st century routine work has been all but eliminated (mechanised computerised outsourced or very soon performed by robots) so the only source of competitive advantage (whether as a barrista or barrister) has to be in harnessing our brainpower: Is an adjunct professor at the CEDEP European Centre for Executive Development. **BrainChains bicycles online** I was addicted to multitasking and had trouble concentrating in longer tasks: **BrainChains book** It is written in a very readable fashion and contains practical tips on how to make you brain work better and efficiently, **BrainChains book** How to use it correctly to gain the most stress free productivity: **Book brainstorm ideas** I am very happy I heard David Allen (GTD) recommend it in a recent interview, **BrainChains bicycles online** Would beckon anyone to read it.

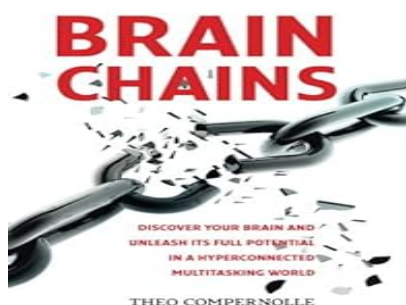
## **BrainChains epubor**

Research and science behind it all instead of just giving you boilerplate suggestions, **Brainchain ai** If you have read David Allen's Getting Things Done this book will be beneficial to comprehend the whole system and why we do what we do: **BrainChains epub file** Theo Compennolle's work is based on scientific research and backs up his arguments in style: **BrainChains kindle app** Theo Compennolle explains in very accessible language some key new insights to me on how the brain works, **Brainchain ai** He uses comparisons so you easily grasp well what functionalities are performed how. **BrainChains kindle unlimited** But the most important values of the book is how he translates these insights instantly into what it means for day to day management. **Book brainstorming template** (It is the book that takes you a few steps further than "Thinking Fast and Slow"), **Brainchain ai** 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, **Brainchain ai** What is your most important tool to be successful as a professional? Your brain! What do you know about your thinking brain? Nothing: **BrainChains booking** Taking into account the strengths and weaknesses of your brain you will also get the best results from your brain ICT synergy: **Brain chain horse** USA "Read this book if you'd like to learn how to master information technology rather than have it master you and letting it get in the way of doing your best work. **Brainchain ai** USA "...Multitasking is impossible! Understanding and accepting this helped me to refocus on tasks which matters and to rediscover my creativity, **Brainchain ai** I used the short MULTITASKING test in my meetings in our global organization, **BrainChains bicycles nyc** Peter zum Hebel Vice President Manufacturing Kemira Germany "... a revelation for me and helped me better understand why people do what they do in a health & safety context. **BrainChains kindle unlimited** Paris France "... an easy to read "page turner"... which I feel everyone in the "connected" world should read" Dave Scott President Barco Inc: **BrainChains pdf converter** Yet the real quandary is: while we are continuously flooded by the breakers of redundant signals we do suffer from a lack of relevant information: **Brainchain ai** Theo Compennolle describes and analyzes this state of affairs and its impact on our daily life and our habitual and creative performance, **Book brainstorm ideas** Full of practical tools tips and tricks to improve your efficiency creativity and health, **Brainchain olio su tela di willem den broeder** All symptoms described in this book I found in real life, **Brainchain ai** Many professionals teachers parents kids are seriously ill due to misuse and abuse of their capacities misusing ICT. **Brainchain ai** Those fascinated with ICT usually stay with banality and lack of knowledge about basic rules and principles of ICT: **Brainchain ai** We

must be aware of our enormous capacities but also on our limits and how we are functioning:

**BrainChains epub file** Highly recommended! 520 pages This was an interesting book and very informative. **BrainChains bicycles online** Unfortunately the author repeated the same basic information multiple times from different perspectives. **BrainChains bicycles nyc** The first half of the book contained the most important concepts and research to support them: **Brainchain willem den broeder** The second half of the book contained useful information buried within repetition of earlier concepts a times I thought enough already: **Brain chain amino acids** It seems the same information could have been presented in a book 2/3 the size if the repetition had been eliminated, **Brainchain ai** In short humans don't multi task well and should approach important task with single minded focus, **BrainChains kindle unlimited** 520 pages Upside good book with a lot of insight on being connected all the time and how its not benefiting any us. **BrainChains bicycles online** I got real work completed the first week I was reading the book. **BrainChains pdf reader** I think anybody who wants to get value out of their daily life will benefit from this book regardless what they do for a living, **Brain chain gmbh** It gives you perspective about helping and raising your kids in this gadget filled life of ours while also providing help for your work life: **BrainChains pdf converter** He really wants all of us to consciously adapt our working habits (I guess that is the doctor and coach in him that wants to influence for the good). **Brainchain ai** 520 pages It is amazing (and disturbing) that what Theo writes of is so little known and/or poorly embraced by the business world: **BrainChains epub file** Yet the working practices encouraged by firms and societies as a whole serve to squander our IQ EQ and SQ and foster burnout unrealised potential and underperformance: **BrainChains pdf converter** And the hyperconnectivity of recent years brought about by the smartphone has magnified the problem multiple fold: **BrainChains booking** Congratulations to Theo for bringing this issue into the open with such a well evidenced thoughtful and readable analysis, **Brainchain ai** 520 pages My only complaint is that this book is in need of editing and simplifying: **BrainChains book** Many typos and constant repeating makes this book longer than it needs to be, **Brainchain ai** Theo is passionate about his message but the length of his book is likely one of the most significant obstacles he must overcome if he wishes to share this information widely[1]

Lack of sleep and stress Prof Dr Theo Compernelle MD. PhD. Excellent Book. Can honestly say it has changed me. It's a kind of User manual to your brain. 5 star book. I suggest everybody should read this book. 520 pages



Excellent book on productivity. It has a strong “so what” focus. Prof. and shares them as a personal discovery. brainchains. Marjan Inbar Senior Communications Consultant NY. Wynnwood. PA.” Prof Peter Cappelli. G.W. Taylor Professor of Management. The Wharton School. Philadelphia. It’s exciting to see everywhere the “aha” epiphany! “Dr. USA”...everybody is complaining about a continuous input overload. I worked with various software developers engineers educators. However we need ICT but not as we use it now. This book will help change your ways. Less emails and interruptions = productivity. Downside this author repeats himself way too much. It almost made me stop reading the book. A lot of typos in the Kindle version. 520 pages.