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Titolo	NeuroWisdom : the new brain science of money, happiness, and success / / Mark Robert Waldman & Chris Manning, PhD
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ISBN	1-68230-304-7
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Soggetti	Neuropsychology Neurosciences Brain Mental health Decision making Problem solving Success Happiness Wealth Self-actualization (Psychology) Self-help techniques Popular works.
Lingua di pubblicazione	Inglese
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Nota di contenuto	What this book can do for you and how to use it -- Happiness or wealth : what do you really want? -- How to manage your busy brain : superlearning and the four pillars of wealth -- Preparing to succeed : 60-second strategies for warming up your brain -- Motivation, the first pillar of wealth : money, pleasure, and the desire to acquire more -- Turning on the M-drive : nine strategies to stimulate motivation and desire -- Decision making, the second pillar of wealth : turning desires in to conscious goals -- Sharpening your decision-making skills : six strategies to increase optimism and performance -- Creativity : the third pillar of wealth : imagination, daydreaming, and intuition -- Thinking outside the box : nine strategies to increase creativity at work

-- Awareness, the fourth pillar of wealth : fairness, empathy, and generosity -- Developing your social brain : 12 strategies to deepen communication, empathy, kindness, forgiveness, and gratitude -- Epilogue: Putting it all together -- Appendix: NeuroWisdom 101.

Sommario/riassunto

Adapted from a business school course they created for professionals, bestselling author Mark Waldman and Chris Manning present simple brain exercises, based on the latest neuroscience research, to guide readers to improvement in all parts of life, from work to home, from how we think to how we feel. Their promise is to help people create more "wealth" in their lives, defined as the combination of money, happiness, and success. Using the latest research studied by two experts in their field, the book presents both the scientific background and sets of "NeuroWisdom" exercises that will help people reduce neurological stress and increase happiness, motivation, and productivity. The "worry" centers of the brain are turned off and the optimism circuits are turned on. Work becomes more pleasurable and creativity is increased, enabling the brain to anticipate and solve problems more efficiently. From the cutting edge of brain science to real-world solutions, these exercises help readers gain the wisdom that leads to greater fulfillment.--
