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Titolo	Wired for Life : Retrain Your Brain and Thrive
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Altri autori (Persone)	SheehanMartina
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Nota di contenuto	Cover Page; Title Page; Copyright Page; Table of Contents; introduction; chapter one do you thrive or just survive?; chapter two your mind is a garden; chapter three the fear of failure: it's time to take a chance; chapter four the fear of losing control: it's time to let it go; chapter five the fear of standing out: it's time to find your voice; chapter six the fear of missing out: it's time to think abundantly; chapter seven the fear of facing the truth: it's time to take responsibility; chapter eight how to get wired for life; chapter nine wake up; chapter ten think differently chapter eleven growchapter twelve thriving not just surviving; appendix 1 seven-day mind work-out; appendix 2 traps that lie in wait; references; resources; testimonials; acknowledgements
Sommario/riassunto	A book which explains the latest research into how the brain works, providing practical tips for training your brain to promote success in all areas of your life.