



Release Your Inner Drive: Everything you need to know about how to get good at stuff (Paperback)

By Bradley Busch, Edward Watson

Crown House Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Release Your Inner Drive: Everything You Need to Know about How to Get Good at Stuff by Bradley Busch and Edward Watson is a book of infographics designed to show teenagers how they can excel at school and in life. But while the graphics are certainly colourful and eye-catching, this is so much more than a book of pretty pictures. The graphics distil the latest research into psychology and neuroscience, alongside explanations of what exactly this means for teenagers and what they can do with these insights in practice. We know more than ever about the science of learning, and now everyone can quickly tap into the success strategies that have been proven to help people thrive and flourish. Have you ever wondered how people get really good at stuff? It turns out that there are a collection of habits that help people to get good at whatever it is they do. Researchers and academics in the fields of psychology and neuroscience have spent years trying to understand why some people flourish and others never truly fulfil their potential. Bradley and Edward have condensed that wisdom...



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