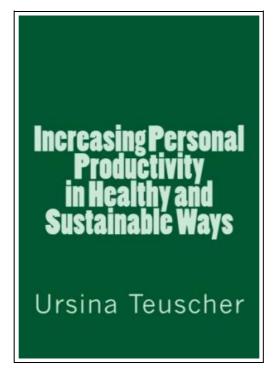
Increasing Personal Productivity in Healthy and Sustainable Ways



Filesize: 2.09 MB

Reviews

The very best publication i possibly read. it was writtern very perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Wilhelm Predovic)

INCREASING PERSONAL PRODUCTIVITY IN HEALTHY AND SUSTAINABLE WAYS



Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English. Brand New Book ***** Print on Demand *****. This workbook offers practical suggestions on how to increase our productivity in healthy and sustainable ways, based on the latest findings of neuroscience and psychology. The knowledge about how our brain works can guide your best practices, and this book helps you apply the science to your own work style and situation. It gives you tools to assess yourself and and design your own interventions to improve your work and relaxation habits. Ursina Teuscher has a PhD in psychology and a professional degree (MS) as a career counselor from the University of Freiburg, Switzerland. As a decision coach and consultant, she helps individuals and organizations think more creatively and systematically about their decisions, and achieve their goals.



See Also



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

Download eBook »



Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New.

Download eBook »



My Life as an Experiment: One Man's Humble Quest to Improve Himself by Living as a Woman, Becoming George Washington, Telling No Lies, and Other Radical Tests

SIMON SCHUSTER, United States, 2010. Paperback. Book Condition: New. Reprint. 212 x 138 mm. Language: English. Brand New Book. One man. Ten extraordinary quests. Bestselling author and human guinea pig A. J. Jacobs puts...

Download aBook »



Tax Practice (2nd edition five-year higher vocational education and the accounting profession teaching the book)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 282 Publisher: Higher Education Pub. Date: 2009-01-01 version 2. This book is...

Download eBook »



A Kindergarten Manual for Jewish Religious Schools; Teacher's Text Book for Use in School and Home

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download...

Download eBook »



Growing Up: From Baby to Adult High Beginning Book with Online Access

Cambridge University Press, 2014. UNK. Book Condition: New. New Book. Shipped from US within 10 to 14 business days. Established seller since 2000.

Download eBook »



History of the Town of Sutton Massachusetts from 1704 to 1876

 $Create space, United States, 2015.\ Paperback.\ Book\ Condition: New.\ annotated\ edition.\ 229\times152\ mm.\ Language: English\ .\ Brand\ New.\ Book\ ****** Print\ on\ Demand\ *****. This\ version\ of\ the\ History\ of\ the\ Town\ of\ Sutton\ Massachusetts$

Download eBook »



Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. You have the power, Dad, to influence and educate your child. You can

Download eBook »



Book Finds: How to Find, Buy, and Sell Used and Rare Books (Revised)

Perigee. PAPERBACK. Book Condition: New. 0399526544 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-I

Download eBook »



Fun to Learn Bible Lessons Preschool 20 Easy to Use Programs Vol 1 by Nancy Paulson 1993 Paperback

 ${\tt Book\,Condition:}\,{\tt Brand\,New.\,Book\,Condition:}\,{\tt Brand\,New.}$

Download eBook »