Neuroscience of Peak Productivity

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A guide to applying productivity concepts about focus, energy, and recovery to everyday work.

Inside this guide

- Consider how attention and work structure affect sustained effort.
- Explore routines for planning demanding tasks and breaks.
- Reflect on recovery as part of a workable productivity rhythm.

Who it may help

For professionals and independent workers looking to examine their work habits and daily routines.

Putting the ideas to work

Select one change to test in your own schedule and evaluate it against your needs rather than treating it as a universal formula.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

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