

Your brain, but better

With brain activation exercises including:

- Reading upside down
- Writing with the non-dominant hand
- Crossing out letters
- Forming new words
- Dividing numbers
- Card-based memory exercises
- Word games using car registration plates
- *'I'm packing my suitcase'*



Good to know!

Includes a wide range of focus exercises

A trending theme: Constant change, ever-growing task loads, growing compliance & administrative demands and rising expectations are placing significant mental strain on the humans who keep the working world turning. The result is reduced productivity, quality issues, dissatisfaction and increased sick leave.

With a foreword by Peter Sturm from the German Society for Brain Training

The author is host of the podcast Gehirnzeit (Brain Time) and runs the blog gehirnfitness.eu.

- Boost concentration, improve focus and reduce stress at work and in life
- Turn mental fitness into a trainable skill – at any age
- Practical, instantly actionable techniques to improve mental performance

Have you noticed yourself missing project deadlines, making careless mistakes or forgetting important information?

In a world designed to distract us, attention has become a valuable resource. Screens, notifications and alerts are omnipresent. The demands of work are ever-increasing: tasks arrive in rapid succession, emails compete for immediate attention and the pace keeps accelerating. Outside of work, too, we juggle multiple responsibilities. The good news is that feeling scattered, stressed or forgetful doesn't have to be inevitable. Mental fitness can be trained – with simple yet effective exercises that help keep the brain sharp.

Alongside the wide range of focus exercises that form the core of *Train Your Attention, Change Your Day*, readers will discover how to create a focus-friendly workspace and why stress can also have positive effects. They'll learn about the strategies that work in the long term to improve focus in everyday working life.



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Jens Newerla is a brain activation trainer and expert in mental fitness at work. In his seminars, he helps companies and public-sector organisations give their employees the tools to care for and strengthen their mental fitness. To date, he has worked with over 14,000 participants over more than 2,000 seminar days. His goal is to see mental fitness valued as highly in organisations as physical health.



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Train Your Attention, Change Your Day

How to train your mental fitness at work and beyond

With a foreword by Peter Sturm

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Genre:

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EDUCATION / Learning Styles

SELF-HELP / Self-Management / Stress Management