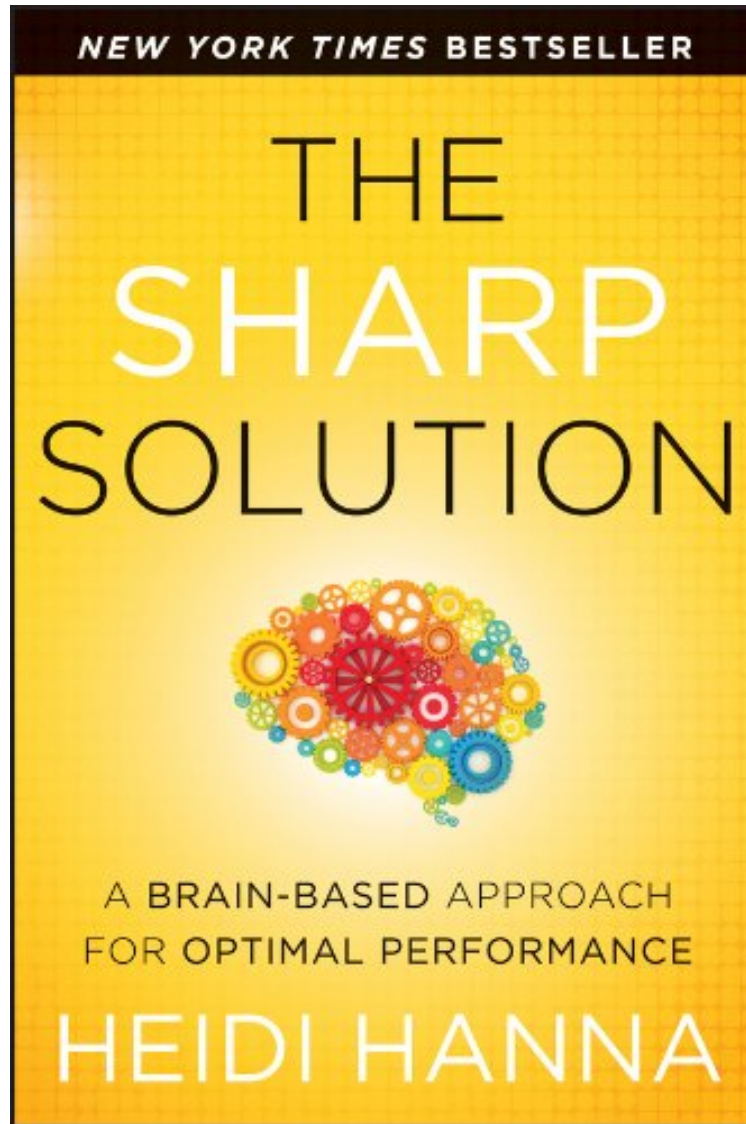


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The Sharp Solution: A Brain-Based Approach for Optimal Performance

Heidi Hanna

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Train Your Brain to Energize Your Life In The Sharp Solution, Heidi Hanna introduces readers to a brain-based approach to realistic, sustainable energy management that supports a healthier brain, and as a result a healthier, happier body. By engaging our brain, we can strategically re-wire how we operate, creating more energy and improving productivity while simultaneously reducing stress. As a result, we become more focused and productive, flexible and resilient, and able to sustain higher levels of health and performance over time. These critical aspects of "cognitive fitness"—mental strength, flexibility, and endurance—allow us to function at our best and enjoy life to the fullest. Breaks down complicated concepts into easy to understand stories and applications Walks readers through a step-by-step process of designing a personal action plan that can be utilized to decrease stress, balance hormones, increase energy, and improve overall health, happiness, and performance Heidi Hanna, PhD, is a performance coach and keynote speaker who has trained thousands of individuals on practical ways to incorporate positive psychology and wellness strategies to improve productivity and performance We all know what we should be doing to create a more optimal life—eating better, exercising regularly, sleeping more, taking time to relax, and having more balance in our life. But The Sharp Solution enables you to actually make those changes to your habits.

Having worked with Dr. Hanna in the past, I particularly like her ability to take all the latest scientific research, boil it down, and present it in a way that doesn't overwhelm you. Justin Rose, PGA Tour Professional Golfer We all know that the biggest challenge in life isn't knowing what to do - it's actually doing it! The SHARP Solution provides a simple way to create positive behavior change that is not only successful, but also sustainable. Dan Buettner - NY Times Best Selling Author of The Blue Zones I can tell you, I felt sharper after the first twenty pages. AJ Jacobs - NY Times Best Selling Author of The Year of Living Biblically, and Drop Dead Healthy The world needs more people like Heidi Hanna. Her book reminds us that science should be lived. Her work has inspired thousands of leaders to want to see how much potential their brain really has. Shawn Achor - Author, The Happiness Advantage In our fast-paced lives, it's easy to get caught up in doing work without recognizing the importance of maintaining the vehicle - the human being. The SHARP Solution is packed with road-tested tips for increasing our most valuable resource in business - our human capital. Tara Gidus, MS, RD, CSSD - Team Dietician, Orlando Magic and "The Diet Diva" on The Daily Buzz The elephant in the room in all industry is commoditization; the only antidote is intuition and creativity and Heidi nails it here. If you take her recommendations in earnest, you set yourself and your organization up for the only durable success mechanism going forward: a sharp and beautiful mind. John L. Evans Jr., Executive Director, Janus Labs You'll be captivated by Heidi's charm and energy and the steps in this book do work! Craig Brimhall, VP of Wealth Services, Ameriprise Financial Heidi has been able to distill the latest research and turn it into a simple five-step program anyone can use to improve their health, happiness, and performance. Justin Buckthorp, PGA European Tour Medical Advisory Board If you want to know how to get ahead - personally and professionally - get this book. Read it, and read it again. Jason W. Womack, Author of Your Best Just Got Better: Work Smarter, Think Bigger, Make More Having worked with Dr. Hanna in the past, I particularly like her ability to take all the latest scientific research, boil it down, and present it in a way that doesn't overwhelm you.—Justin Rose, PGA Tour Professional Golfer We all know that the biggest challenge in life isn't knowing what to do - it's actually doing it! The SHARP Solution provides a simple way to create positive behavior change that is not only successful, but also sustainable.—Dan Buettner - NY Times Best Selling Author of The Blue Zones I can tell you, I felt sharper after the first twenty pages.—AJ Jacobs - NY Times Best Selling Author of The Year of Living Biblically, and Drop Dead Healthy The world needs more people like Heidi Hanna. Her book reminds us that science should be lived. Her work has inspired thousands of leaders to want to see how much potential their brain really has.—Shawn Achor - Author, The Happiness Advantage In our fast-paced lives, it's easy to get caught up in doing work without recognizing the importance of maintaining the vehicle - the human being. The SHARP Solution is packed with road-tested tips for increasing our most valuable resource in business - our human capital.—Tara Gidus, MS, RD, CSSD - Team Dietician, Orlando Magic and "The Diet Diva" on The Daily Buzz The elephant in the room in all industry is commoditization; the only antidote is intuition and creativity and Heidi nails it here. If you take her recommendations in earnest, you set yourself and your organization up for the only durable success mechanism going forward: a sharp and beautiful mind.—John L. Evans Jr., Executive Director, Janus Labs You'll be captivated by Heidi's charm and energy and the steps in this book do work!—Craig Brimhall, VP of Wealth Services, Ameriprise Financial Heidi has been able to distill the latest research and turn it into a simple five-step program anyone can use to improve their health, happiness, and performance.—Justin Buckthorp, PGA European Tour Medical Advisory Board If you want to know how to get ahead - personally and professionally - get this book. Read it, and read it again.—Jason W. Womack, Author of Your Best Just Got Better: Work Smarter, Think Bigger, Make More From the Back Cover Train Your Brain to Re-Energize Your Life

"We all know that the biggest challenge in life isn't knowing what to do; it's actually doing it! The Sharp Solution provides a simple way to create positive behavior change that is not only successful, but also sustainable." — Dan Buettner, New York Times bestselling author of *The Blue Zones* "The world needs more people like Heidi Hanna. Her book reminds us that science should be lived. Her work has inspired thousands of leaders to want to see how much potential their brain really has." — Shawn Achor, author, *The Happiness Advantage* "Having worked with Dr. Hanna in the past, I particularly like her ability to take all the latest scientific research, boil it down, and present it in a way that doesn't overwhelm you." — Justin Rose, PGA Tour Professional Golfer