

**LIFE-CHANGING
STRATEGIES TO IMPROVE
EXECUTIVE
FUNCTIONING**

BRAIN HACKS

**WORK SMARTER, STAY FOCUSED,
AND ACHIEVE YOUR GOALS**

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BRAIN HACKS: Life-Changing Strategies to Improve Executive Functioning



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Filled up with actionable strategies proven to improve focus, increase productivity, and promote well-being, Brain Hacks can help you transform the way you function, live, and feel simply by tapping into the energy of your executive working skills. Modern life requires a large amount of our brains. Explorations of the 5 core abilities of executive functioning, including summaries, techniques, and brain hacks to make them stronger. Even anyone who has struggled with executive functioning in the past can transform from getting controlled by their human brain to being in control of it. Written by scientific psychologist and author of The Present of ADHD book series, Dr. Lara Honos-Webb, Brain Hacks gives powerful guidance and strategies which will improve your executive working and assist you to work smarter, feel much better, and achieve even more of your goals. Using the tested, life-changing strategies in Human brain Hacks, anyone can considerably improve their executive functioning skills. We have to stay arranged, manage our period wisely, and make essential decisions. Real-world strategies and exercises to strengthen your executive working abilities and apply them to everyday difficulties. With chapter-by-chapter focus on the main regions of executive functioning? focus and attention, preparation and organization, cognitive flexibility, emotional regulation, and impulse control? Brain Hacks: Life-Changing Ways of Improve Executive Functioning offers: A synopsis of executive functioning and self-assessments to recognize which executive functioning areas pose your greatest challenges. These essential skills? known as executive functioning? affect every part of our lives, from how we function at work and home to how we manage stress.



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So definitely pick and choose it up--it is an excellent read-- but make sure to give yourself the time to absorb all the great tips it contains!The start of the book lays out the five core skills of executive functioning, and then the reader can take a mini test in each section to figure out where they need probably the most support.We voluntarily reviewed a sophisticated Reader Copy of this book provided by the publisher. The chapters are divided up into little tidbits of information (great for people that have executive functioning issues) known as 'Brain Hacks' that provide powerful tips about improving interest in a variety of useful ways. There are also a ton of small exercises--mostly intended for professionals--that can help focus and jumpstart the reader into concentrated, useful successes that may add up to quite a bit by the finish of the book.In case you are like me do yourself a favor and get yourself a copy of this book. It might be easy to get overwhelmed with the wealth of guidelines, hacks and activities.So much good information If you are a specialist that struggles with executive functioning issues, this book will be an immense help. Very helpful I found this book offered a lot of helpful tips for me as a blogger as sometimes I log off track. I needed to work out how to function smarter and in addition stay focused could possible for me sometimes to break my concentrate and I wish to obtain my goals. Somethings you will learn is to take a break, make a objective statement, train yourself, be your very own cheerleader, organize yourself, prize yourself therefore much more. It is packed with therefore many useful tips I maintain it in my handbag that I bring my iPad and additional work related products in. I really do ok most days staying on job but have too many times where I simply can't seem to get going and/or stay concentrated. Some times I am hyper centered on my work and discover I have spent nearly 8 hours dealing with not even a break to consume, while others I struggle to stay concentrated and am quickly distracted. When I was presented this reserve for review by the publisher I jumped at the opportunity. Best book I have read in 2018 We am an artist and an author who's first, middle and last name is often Procastination. I find I look back again through it at least three times a week.A word of advice: there's literally so much good and useful information in here, that as someone who has issues with executive functioning, I had to learn this book in small, manageable chunks.The following chapters feature each core skill, discuss how they work, and really showcase the most useful parts of the book.



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