



Take Charge of Your Mind: Core Skills to Enhance Your Performance, Well-Being, and Integrity at Work

By Paul Hannam, John Selby

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In *Take Charge of Your Mind*, business entrepreneur and Oxford lecturer Paul Hannam and noted psychologist John Selby present well-researched and easily mastered "cognitive uplift" methods for consciously expanding your mental performance, personal power, and satisfaction at work.

This easy-to-master Take Charge process enables you to wake up your mind and truly shine at work. By unleashing the remarkable power of your integrated mental, emotional, and intuitive capacity, you'll gain creative brilliance and inner confidence, successful customer bonding, and a new sense of well-being and fulfillment.

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Editorial Review

Review

"The people who succeed at work best are those who succeed in focusing on the present moment." -- *Lisa McLeod, syndicated columnist of "Forget Perfect," June 9, 2006*

Extremely useful toolbook for employees who desire happier, healthier, more productive lives at work. Full of easily implemented exercises. -- *Bookwatch, September 2006*

Techniques to break inability to let go of past regrets and future worries in order to enjoy the present moment. -- *Body & Soul, February 2007*

The book offers a revolutionary toolkit that promises to radically transform the nature of how people cope at work. -- *ForeWord, July/August 2006*

About the Author

PAUL HANNAM is the owner and Chairman of a computer services corporation in the UK with annual sales of over \$20 million, and he also owns a training business which has provided courses on leadership, change management, communication and sales. He has been hired to provide consultancy and training programmes for some of the world's leading corporations such as Barclays Bank, British Airways, HSBC, BT, Canon, Fidelity Investments, Mars, Express Newspapers and many more. Between 2001 and 2005 Paul lectured in Organisational Behavior, Leadership, Entrepreneurship and Change Management at Oxford University where he is an associate fellow.

JOHN SELBY is a psychologist, cognitive-science researcher, entrepreneur, and international speaker with thirty years experience developing these core mind-management techniques. He conducted groundbreaking cognitive research at the National Institutes of Health and the Bureau of Research in Neurology and Psychiatry and the New Jersey Neuro-Psychiatric Institute. Founder and former CEO of The BrightMind Network and currently head of Consciousness Management Systems, John is a specialist in creating online experiential-instruction formats that deliver effective and affordable training to organizations throughout the world.

Users Review

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Dennis Scott:

Now a day folks who Living in the era just where everything reachable by match the internet and the resources in it can be true or not demand people to be aware of each facts they get. How many people to be smart in having any information nowadays? Of course the answer is reading a book. Reading through a book can help men and women out of this uncertainty Information especially this Take Charge of Your Mind: Core Skills to Enhance Your Performance, Well-Being, and Integrity at Work book because book offers you rich data and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it as you know.

Irma Huges:

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