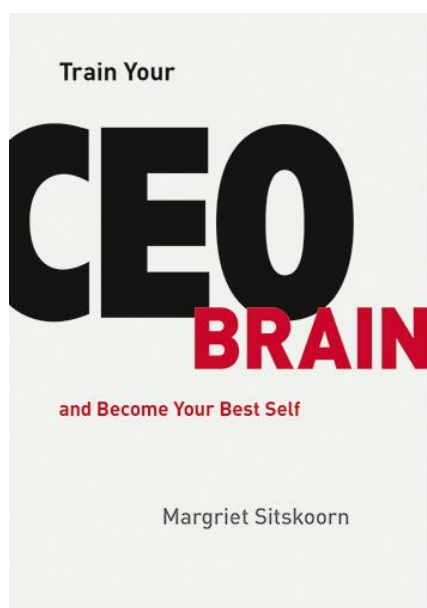


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Margriet Sitskoorn - Train Your CEO Brain and Become Your Best Self

PERSONAL DEVELOPMENT | PSYCHOLOGY



Train Your CEO Brain and Become Your Best Self explains how you can use the plasticity of your brain to develop yourself. This book links theory to practice, and includes targeted exercises to train your executive brain.

Train Your CEO Brain is intended to help you achieve your goals for personal growth, your job or business, your family, or the world around you.

Train Your CEO Brain is useful for whatever specific goal you have in mind: starting a new business, earning a degree, improving your parenting skills, quitting smoking, you name it. The point is, you can make a difference through your own efforts, by changing your brain and improving your skills. Reading this book will be a game-changer. You can

learn to captain your own ship and even guide others you're responsible for. In that sense, this book is also about leadership.

Margriet Sitskoorn is a Full Professor of Clinical Neuropsychology at Tilburg University in the Netherlands. Her research focuses on how behavior and environment affect the brain, and how people can use this knowledge to develop themselves. Sitskoorn is an acclaimed public speaker and consultant. She is the author of several bestsellers and her work has been translated into various languages.

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Margriet Sitskoorn Ph.D. is a Full Professor of Clinical Neuropsychology at Tilburg University in the Netherlands. Her research focuses on how behavior and environment affect the brain, and how people can use this knowledge to develop themselves. Sitskoorn is an acclaimed public speaker and consultant. She is the author of several bestsellers and her work has been translated into various languages.

TABLE OF CONTENTS

Preface

PART I GAINING SELF-KNOWLEDGE

- 1 A Goal to Set Your Sights on
- 2 The VUCA World
- 3 The CEO Brain
- 4 A Recipe for Success
- 5 Pitfalls

PART II HOW TO TRAIN YOUR CEO BRAIN: THE EFFECT PROGRAM

- 6 Environmental Enrichment – challenging your brain
- 7 Flow Focus – directing the plasticity of your brain
- 8 Fixed Sleeping Pattern – unleashing the power of sleep
- 9 Exercise – shaping and training your brain
- 10 Connecting Today with Tomorrow – start changing the future
- 11 Time – giving your brain time to change

PART III HARVESTING THE FRUIT OF YOUR LABOR

- 12 The Effect: Assessing the Impact of the EFFECT Program

Meet Your Best Self

Literature

Online Sources

Acknowledgements

About the Author