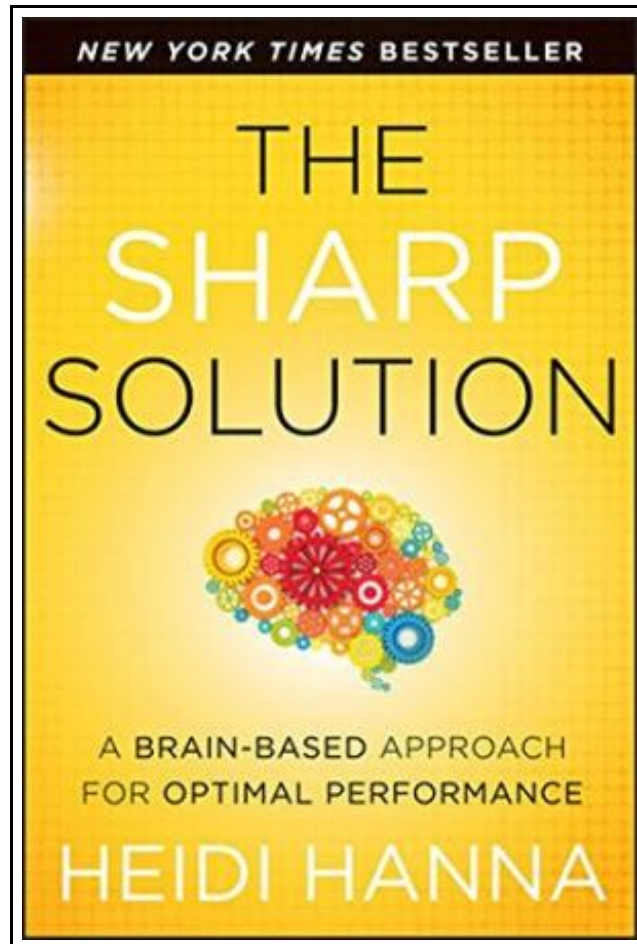


The Sharp Solution: A Brain-Based Approach for Optimal Performance



Filesize: 5.36 MB

Reviews

A top quality publication as well as the typeface used was intriguing to learn. Yes, it is play, still an amazing and interesting literature. I discovered this publication from my i and dad suggested this book to learn.

(Prof. Louvenia Flatley)

THE SHARP SOLUTION: A BRAIN-BASED APPROACH FOR OPTIMAL PERFORMANCE

[DOWNLOAD](#)

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, The Sharp Solution: A Brain-Based Approach for Optimal Performance, Heidi Hanna, 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.

[Read The Sharp Solution: A Brain-Based Approach for Optimal Performance Online](#)[Download PDF The Sharp Solution: A Brain-Based Approach for Optimal Performance](#)

You May Also Like



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Save PDF »](#)



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

[Save PDF »](#)



Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters! (Paperback)

ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford s post The Day I Stopped Saying Hurry Up was a true phenomenon on...

[Save PDF »](#)



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

[Save PDF »](#)



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How...

[Save PDF »](#)

**Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)**

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to

[Read eBook »](#)

**Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it? (Paperback)**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read

[Read eBook »](#)

**Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers (Paperback)**

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download

[Read eBook »](#)

**Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One**

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide

[Read eBook »](#)

**Electronic Dreams: How 1980s Britain Learned to Love the Computer**

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Remember the ZX Spectrum? Ever have a go at programming with its stretchy rubber

[Read eBook »](#)