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



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....

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- Authored by Heidi Hanna
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