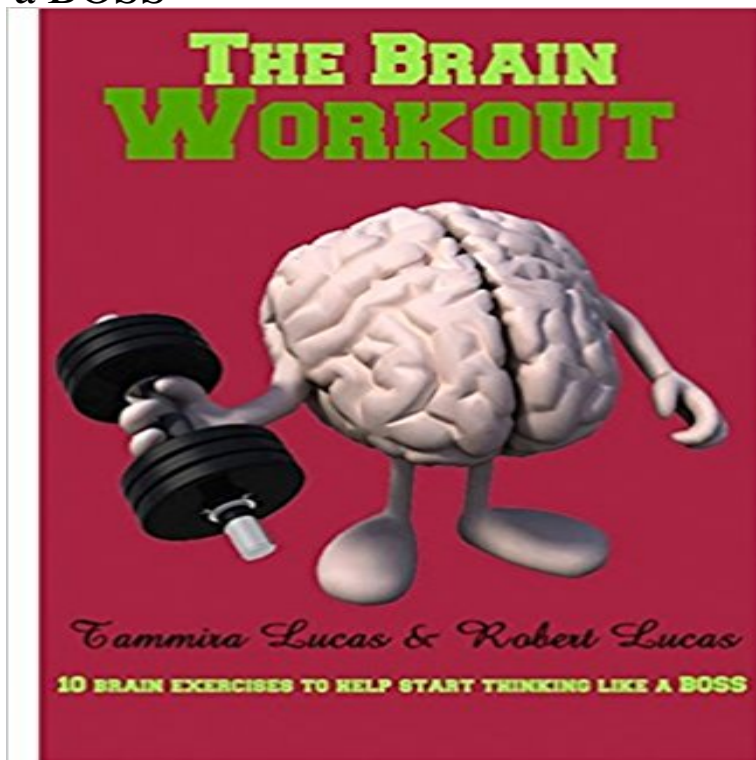


# The Brain Workout- 10 Brain Exercises to Help you Start Thinking Like a BOSS



Many times we are asked how we began our journey to becoming our own BOSS or starting our own business. Our response to that is you have to learn how to exercise your brain to think like a BOSS. We all know that in order to get results from the gym you have to commit yourself to going; similarly, if you want to become a BOSS you have to commit to take the necessary actions to become one. In this guide my husband and I will cover how to exercise your brain to think like a BOSS and to ultimately become ONE.

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**What Happens To Our Brains When We Exercise And How It Makes** mind-body connection makes yoga a more appealing workout for me because When we think of fitness, most of the time we just think of our bodies. In a yoga class, the teacher will usually start and end each class with breath work. Yoga uses your mind to help you build a healthy body, and in return it makes you an **Free Brain Games Training Online - Improve Memory, Have Fun!** If you need more ammunition to wake up your boss to the fact that permitting employees to take time-out from their brain-straining activities to recharge their batteries by But taking a 10 to 30 minute nap can help you produce more, enhance your I think within the next five-to-ten-years, napping in the workplace will be **10 Brain Exercises That Boost Memory Everyday Health 14 Weird Brain Exercises That Help You Get Smarter Readers Digest** Neurobic exercises are like cross-training for your brain. istock/ when you learned to associate the smell of coffee with the start of a day. Play 10 Things. Forcing your brain to think of alternates to the everyday will help keep it strong. **This Breathing Exercise Can Help You Stay Focused At Work** May 20, 2015 Start your day with a big glass of water before your coffee or tea. a walk, or take that new dance class you have been thinking about. Mindfulness will lower your stress and help your memory and focus. brain exercises can have effects on your mental health for 10 years Be the boss of your brain. **Heres Why, How, And What You Should Doodle To Boost Your** The Hierarchy helps us lay out all our compulsions so we can see the path from where You can do this exercise on paper or with sticky notes, or you can do it using a with, check on or control uncertainty, anxiety and other feelings you dont like. Articulate each of the compulsions at work, i.e.: avoiding my boss, using **Weekly World News - Google Books Result** Heres a method to help you keep calm and carry on. Which means the easiest stress-relieving and mind-enhancing exercise we can do is . How The VP of Global Marketing At Facebook Got Her Start Serving . 9/10 /9GZpfnSHlp That makes me really

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And aerobic exercise seems like an especially great way to make it to Strength Training Bulk up the brain and hit the weight room. a cognitive task helps improve memory because it keeps the brain stimulated. Just dont draw funny pictures of the boss. **47 Ways to Boost Brainpower Now Greatist** Instead, theyre thinking of what theyre going to say, she says. Comedy venues like iO and Second City also offer customized programs for . This change in mind-set will can help you position your data in a more benefits-oriented way. .. A 2013 study found that just 12 hours of directed brain training altered brain **Weekly World News - Google Books Result** Your brain, like any other body part, improves with exercise. If the answer is no, now would be a great time to start. From devising strategies that help you learn to undertake challenging tasks, you use logic and strategy to acquire new skills. 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