



How to Train Your Business Brain: The Workout Programme for Your Mental Muscles

Oliver Thompson

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How to Train your Business Brain is your mental fitness regime that provides the tools to help you achieve your vision and develop your business brain. When you read through the book and complete the workouts it will help you become a more resourceful, powerful and fulfilled individual.

The book contains six Brain Boosters with together 42 cognitive workouts:

- Brain Booster 1: MINDSET
- Brain Booster 2: RELATIONSHIPS
- Brain Booster 3: PERCEPTION
- Brain Booster 4: LANGUAGE
- Brain Booster 5: INFLUENCE
- Brain Booster 6: THINKING

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