

Don't Strain LittleBrain

■ A Mindset Book ■

Mark Dando

Key selling points

- The third mindset book from Mark Dando.
- Coloured Square have been evolving their unique approach to mindsets since 1998.
- *Don't Strain LittleBrain* presents a compelling picture of how the way we treat our brains could be improved.

About the book

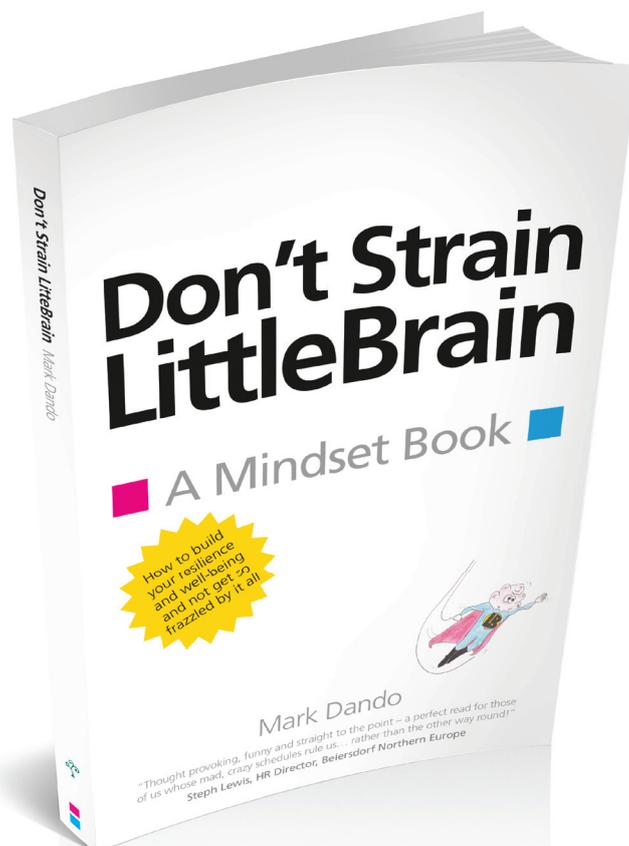
Here's a book to help you realise how you're contributing to your own frazzlement. Then, work out how to reduce the abuse, and build your resilience.

Summarising and simplifying a wealth of current writing and research from neuroscience and related fields of personal well-being, *Don't Strain LittleBrain* presents a compelling picture of what we do to ourselves on a daily, sometimes hourly basis, and what we could do instead.

This book describes thirteen everyday activities and disciplines which, when we get them just right, make all the difference. It offers practical insights into the challenges to overcome, and the simple solutions which can make this possible.

About the author

Mark Dando is a mentor, coach and trainer. He co-founded Coloured Square with Doug Richardson in 2000. Since then, they have used their very particular approach to learning and development to provide help for people and organisations in management, leadership, sales, field management, influence, presenting, training, training design...in fact, in anything that involves communication. *Don't Strain LittleBrain* is Mark's third book. The first two, written with Doug, are about their attitudes to time and to presenting.



How to build your
resilience and well-
being and not get so
frazzled by it all

Book information

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