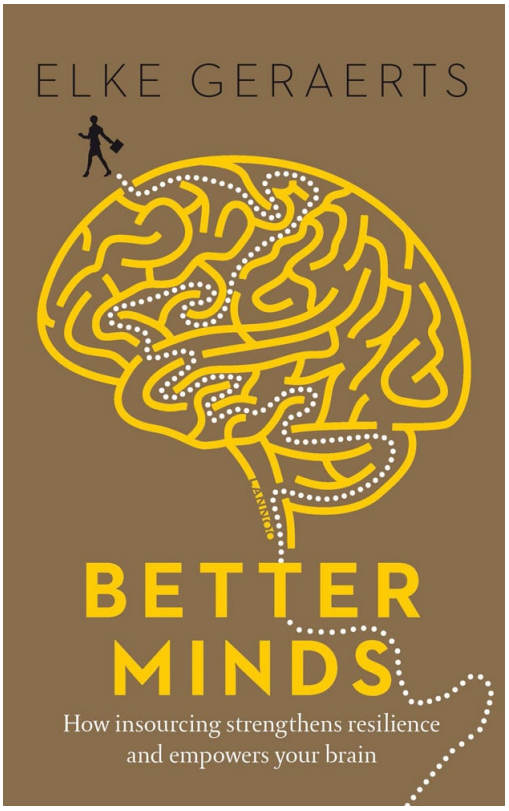
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Better Minds

How Insourcing Strengthens Resilience and Empowers Your Brain

Elke Geraerts

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- In this revelatory book, brain expert Elke Geraerts sets out the most important components of mental resilience on the basis of new insights from recent scientific research. She shows how we can better our minds, and how this helps us increase our own mental capital and that of our employees
- An absolute must-read for everyone who wants to prepare his or her brain for the challenges of the 21st century

"At lectures I often say: imagine if you could train your brain just like you train your muscles. And then I see people nodding: Yes, wouldn't that be nice! Well, you can: you can strengthen your brain and in doing so protect yourself from stress and burnout."– Elke Geraerts The burnout epidemic is taking on unseen proportions. Our hectic lives and the extent of digitisation form great challenges for the brain, which is showing serious signs of neglect. But there is a solution: the greater your mental resilience, the better you are protected against stress, burnout and other mental problems. In this revelatory book, brain expert Elke Geraerts sets out the most important components of mental resilience on the basis of new insights from recent scientific research. She shows how we can better our minds, and how this helps us increase our own mental capital and that of our employees. The result is an absolute must-read for everyone who wants to prepare his or her brain for the challenges of the 21st century.

Elke Geraerts has a PhD in psychology and has held various academic positions at the universities of Harvard, St. Andrews, Maastricht and Rotterdam. She is a partner in Better Minds at Work, which helps companies increase the mental resilience and engagement of their employees.






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