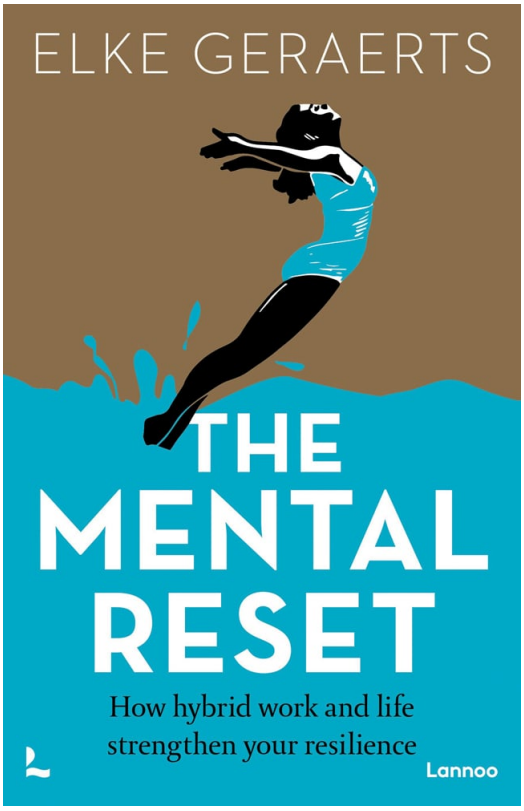
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The Mental Reset

How hybrid work and life strengthen your resilience

Elke Geraerts

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- Radical change is possible — these challenging times have proved it. Transform your work and your lives
- Discover new ways to incorporate focus and reduce stress in your weekly schedule
- Incorporate minor changes that can have a major impact on your quality of life

"A fabulous book: insightful, useful and timely! This page-turner takes you on a journey through great psychological research, interesting stories and practical techniques. You will arrive equipped for a life of more control, more optimism and less stress." **Tony Crabbe,** business psychologist and author of *Busy. How to Thrive in a World of Too Much.*

"Technology allows us to rethink companies, organizations, how we run them and how we manage them. However, the most essential element in achieving success will not be technology, but whether we humans can adapt, cope and thrive. This inspiring book is a brilliant field guide on how to use the power of our minds to harness the power of flow and build organizations for resilience." **Peter Hinssen**, entrepreneur, keynote speaker and author of *The Day After Tomorrow. How to Survive in Times of Radical Innovations.*

Every crisis is also an opportunity. We know what we need to do to make our lives and work more brain-friendly, but somehow, we are still not putting that knowledge into practice. Covid-19 has forced us into one of the biggest experiments in resilience of all time. What if we see this crisis as an opportunity for a genuine transformation? A chance to adopt new habits that will make us stronger than ever and help us face a volatile future? In her ground-breaking new book, Elke Geraerts shows us how we can all be ready for the many challenges awaiting us in a post-covid-19 world. Her approach takes the brain as the starting point and inspires you to make brain-aware choices in work and in life. She shows how hybrid work can both increase your productivity and reduce stress, how you can chase your dreams even in times of crisis and why – in an increasingly digital world – focus is the new IQ. The old normal will never return… but perhaps that is not such a bad thing!

Elke Geraerts has a PhD in psychology and has held various academic positions at the universities of Harvard in the US, St Andrews in the UK, and Maastricht and Rotterdam in the Netherlands. She is a partner at Better Minds at Work, an international consultancy that helps companies enhance their employees' mental resilience and engagement. Her debut book *Better Minds* has received high praise and sold over 25,000 copies.







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