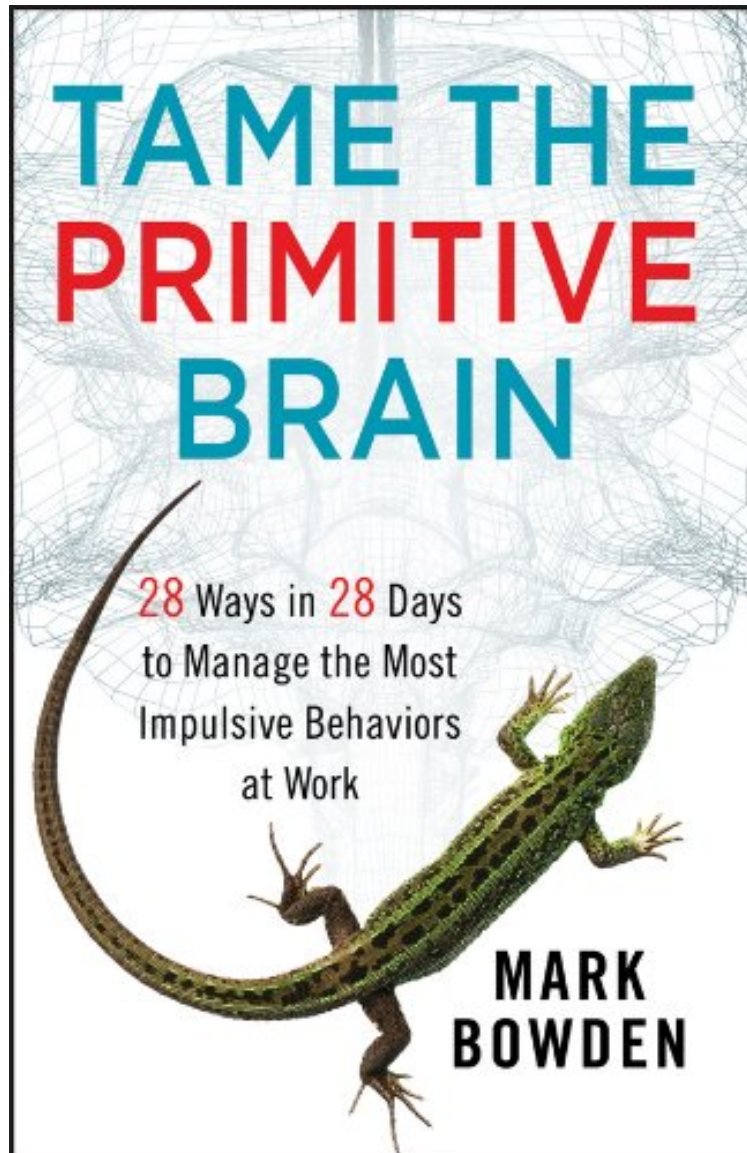


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Tame the Primitive Brain: 28 Ways in 28 Days to Manage the Most Impulsive Behaviors at Work

Mark Bowden

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Mark Bowden : Tame the Primitive Brain: 28 Ways in 28 Days to Manage the Most Impulsive Behaviors at Work before purchasing it in order to gage whether or not it would be worth my time, and all praised Tame the Primitive Brain: 28 Ways in 28 Days to Manage the Most Impulsive Behaviors at Work:

5 of 5 people found the following review helpful. Information can be applied immediatelyBy MilebehindI canrsquo;t

say enough good things about this book. Heck, I liked the audible version so much, I bought it for my kindle as well—easier to reference and one of only two books I've done that with (other is Charisma Myth). - What he says makes total sense and I guess there was part of me that sensed his points to be true but had never connected the dots so concretely. - Until we become aware of how much of our thinking consists of knee-jerk reactions hardwired into our brains to protect us from the long-past reactions to physical threats such as "That animal wants to kill me"; versus the much milder but contemporary "Uh oh, the boss wants to meet with me"; I'll never move past them. - Not only does what the book cover what we need to look out for from our primitive brains but also includes hints for bringing our higher-level thinking back into play through consciousness of how we really operate. - Granted, the book highlights "work"; in the title but covers not only our day jobs but our personal relationships as well. Couldn't most of us improve our interactions through greater understanding—especially in the heat of the moment? - Was able to immediately start to apply this book's information to my life—for the better. To me, that's quite an accomplishment. - I plan to spend more time with this book after my first run through since it has so much to teach me. If you ever wanted to understand why your, mine and others' immediate reaction to change is "No"; you need to read this book. 1 of 1 people found the following review helpful. It's a nice read just the same and helpful. By William J. Arbogast His more recent book on body language was more precise. It's a nice read just the same and helpful. 0 of 0 people found the following review helpful. Primitive brain By Paul F Heider Jr Good book. We have a mind and a brain. React from what your brain thinks and not your mind.

A new and simple system to understanding and controlling the behavior of others. Noted body language, behavior and communication expert Mark Bowden offers a totally practical, easy-to-read guide to understanding the impulsive actions of others, along with the best tools to manage them. A number one anxiety in business is dealing with problem people. In Tame the Primitive Brain, Mark Bowden's fresh approach is the fastest and most effective way to understand why someone acts towards you the way they do; why you react to their behavior in the way you do; and most importantly, what exactly to do about it to achieve the right outcomes. Brings new and fresh perspectives to business readers for dealing with tricky behaviors. Explains how to effectively manage those around you at any level in an organization. Shares the latest evolutionary behavioral theory, neuroscientific evidence, and the tried and tested tools and tricks based on these premises. This simple model of how we humans can and do relate to each other brings increased depth of understanding and expands your toolset to better manage yourself and others to achieve anything.