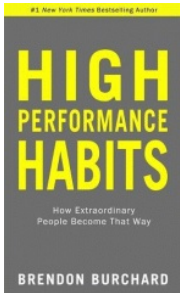


# Flow

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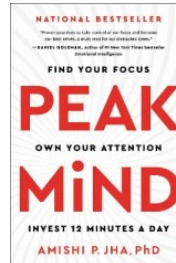
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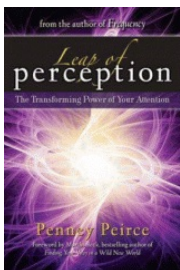
High performance habits : how extraordinary people become that way / Brendon Burchard.

Burchard, Brendon, author.



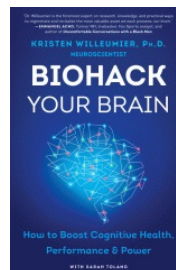
Peak mind

Jha, Amishi,



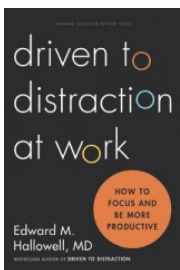
Leap of perception : the transforming power of your attention / Penney Peirce ; foreword by Martha Beck.

Peirce, Penney.



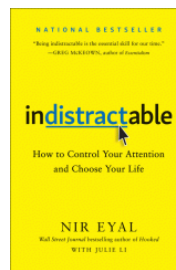
Biohack your brain : how to boost cognitive health, performance & power / Dr. Kristen Willeumier, with Sarah Toland.

Willeumier, Kristen, author.



Driven to distraction at work : how to focus and be more productive / Edward M. Hallowell, MD.

Hallowell, Edward M., author.



Indistractable : how to control your attention and choose your life / Nir Eyal, with Julie Li.

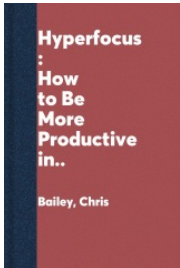
Eyal, Nir, author.

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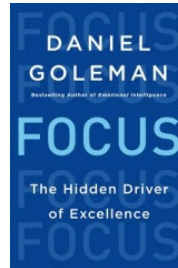
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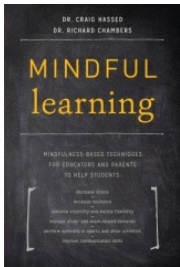
Hyperfocus : how to be more productive in a world of distraction / Chris Bailey.

Bailey, Chris, 1989- author.



Focus : the hidden driver of excellence / Daniel Goleman.

Goleman, Daniel.

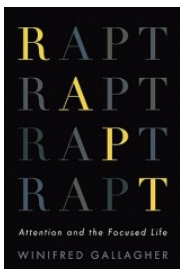


Mindful learning : reduce stress and improve brain performance for effective learning / Dr. Craig Hassed & Dr. Richard Chambers.

Hassed, Craig, author.

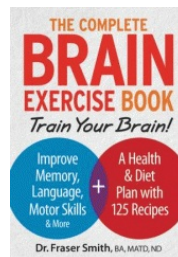


The distracted mind.



Rapt : attention and the focused life / Winifred Gallagher.

Gallagher, Winifred



The complete brain exercise book : train your brain! : improve memory, language, motor skills & more + a health & diet plan with 125 recipes / Dr. Fraser Smith, BA, MATD, ND.

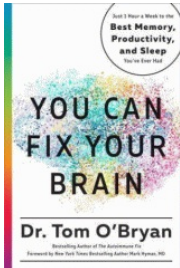
Smith, Fraser, 1968-, author

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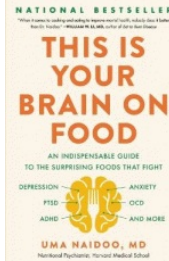
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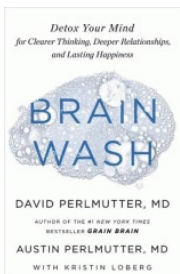
You can fix your brain : just 1 hour a week to the best memory, productivity, and sleep you've ever had / Dr. Tom O'Bryan.

O'Bryan, Tom, author.



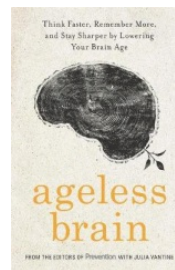
This is your brain on food : an indispensable guide to the surprising foods that fight depression, anxiety, PTSD, OCD, ADHD, and more / Uma Naidoo, MD.

Naidoo, Uma, author.

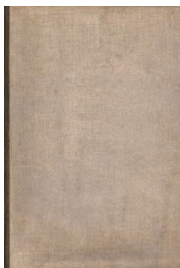


Brain wash : detox your mind for clearer thinking, deeper relationships, and lasting happiness / David Perlmutter, MD, and Austin Perlmutter, MD, with Kristin Loberg.

Perlmutter, David, 1954- author.



Ageless brain : think faster, remember more, and stay sharper by lowering your brain age / from the editors of Prevention with Julia Vantine.



Do What Matters Most [electronic resource] : Lead with a Vision, Manage with a Plan, and Prioritize Your Time/ Shallenberger, Steven R; Shallenberger, Robert R.

Shallenberger, Steven R; Shallenberger, Robert R.



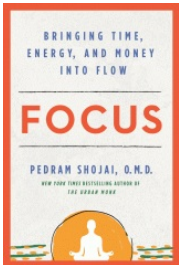
Optimizing Brain Fitness.

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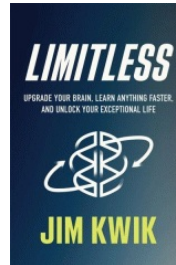
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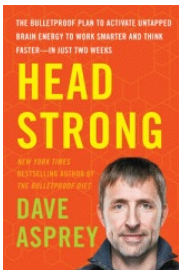
Focus : bringing time, energy, and money into flow / Pedram Shojai, O.M.D.

Shojai, Pedram, author.



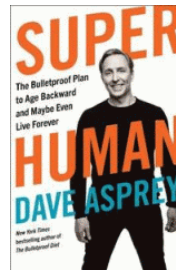
Limitless : upgrade your brain, learn anything faster, and unlock your exceptional life / Jim Kwik.

Kwik, Jim, author.



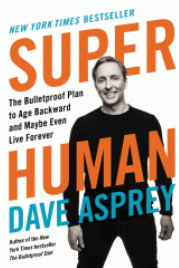
Head strong : the bulletproof plan to activate untapped brain energy to work smarter and think faster--in just two weeks / Dave Asprey.

Asprey, Dave, author.



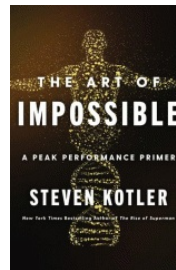
Super human : the bulletproof plan to age backward and maybe even live forever / Dave Asprey.

Asprey, Dave, author.



Super human : the bulletproof plan to age backward and maybe even live forever / Dave Asprey.

Asprey, Dave, author.



The art of impossible : a peak performance primer / Steven Kotler.

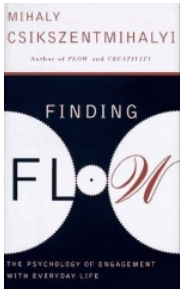
Kotler, Steven, 1967- author.

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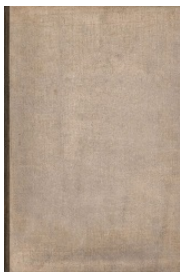


Finding flow : the psychology of engagement with everyday life / Mihaly Csikszentmihalyi.

Csikszentmihalyi, Mihaly



Engaging Your Workforce: The Power of Flow.



Flow : psychology, creativity, & optimal experience with Mihaly Csikszentmihalyi.