



Take Charge of Your Mind: Core Skills to Enhance Your Performance, Well-Being, and Integrity at Work

Paul Hannam, John Selby

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In *Take Charge of Your Mind*, business entrepreneur and Oxford lecturer Paul Hannam and noted psychologist John Selby present well-researched and easily mastered "cognitive uplift" methods for consciously expanding your mental performance, personal power, and satisfaction at work.

This easy-to-master Take Charge process enables you to wake up your mind and truly shine at work. By unleashing the remarkable power of your integrated mental, emotional, and intuitive capacity, you'll gain creative brilliance and inner confidence, successful customer bonding, and a new sense of well-being and fulfillment.

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