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What They Do Seconds by Dan Cable Eben Alexander: A Neurosurgeon's Journey through the Afterlife Alive At Work The Neuroscience Professor Cable's Alive At Work is an insightful and easy-to-read book. His conversational, engaging style makes the 170+ pages go quickly. Professor Cable distills complex aspects of neuroscience and applies them to the workplace--explaining much about why employees check out versus being engaged at work.

Alive at Work: The Neuroscience of Helping Your People ...

In Alive at Work: The Neuroscience of Helping Your People Love What They Do, Cable explores this

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What They Do phenomenon and presents some possible ways that we may rectify this is Daniel M. Cable is a social psychologist and professor of organisational behaviour at the London Business School and he has seen this kind of thing in practice.

Alive at Work: The Neuroscience of Helping Your People ...

"*Alive at Work* offers an illuminating look into our minds and emotions--what inspires us, what lights a fire inside of us, and what drives us to achieve more at work and in our lives. Daniel Cable's eye-opening insights will help leaders unleash the passion and purpose inside of others."

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Alive at Work: The Neuroscience of Helping Your People ...

alive at work. Here's a real- life example. When Tom started his gig after col-lege designing and maintaining the website of a Big 4 account- ... the late pioneer of affective neuroscience, said it best: "When the seeking systems are not active, human aspirations remain frozen

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Alive at Work: The Neuroscience of Helping Your People Love What They Do. ... "Alive at Work" is the

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inspirational guide that you need to tap into the passion, creativity, and purpose fizzing beneath the surface of every person who falls under your leadership. Product #:

Alive at Work: The Neuroscience of Helping Your People ...

The Neuroscience of Helping Your People Love What They Do. Alive at Work is Essentic founding partner Dan Cable's new book. We've all seen the oft-cited Gallup poll that reports that an alarming majority of the workforce is disengaged and unmotivated. In Alive at Work, social psychologist Dan Cable argues that the reason for all the unhappiness is biological:

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When They Do organizations, in an effort to routinize work and establish clear-cut performance metrics, are suppressing what neuroscientists ...

Essentic : Alive at Work

Professor Cable's Alive At Work is an insightful and easy-to-read book. His conversational, engaging style makes the 170+ pages go quickly. Professor Cable distills complex aspects of neuroscience and applies them to the workplace--explaining much about why employees check out versus being engaged at work.

Amazon.com: Customer reviews: Alive at Work: The ...
The early experiments with Cable's suggested

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activities have mostly been in white-collar professions or among students, so it remains to be seen how they would work in other settings. But in general, Alive at Work offers good news for people suffering from stress or boredom at work. It tells us that those feelings are normal—rooted in biology, how our brains are responding to the modern work environment—and that we can change them through a few simple actions.

How to Feel More Alive at Work | Greater Good
In Alive at Work, social psychologist Dan Cable argues that the reason for all the unhappiness is biological: organizations, in an effort to routinize work and

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What They Do establish clear-cut performance metrics, are suppressing what neuroscientists call our Seeking Systems, the part of our brain that craves exploration and learning.

Alive at Work: The Neuroscience of Helping Your People ...

In *Alive at Work*, I show that the reason for all the unhappiness at work is biological: organizations, in an effort to routinize work and establish clear-cut performance metrics, are suppressing what neuroscientists call our 'seeking systems'.

Organizations are shutting off the part of our brain that craves exploration and learning.

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dan-cable.com | The online home of Professor Dan Cable

Alive at Work The Neuroscience of Helping Your People Love What They Do. Alive at Work The Neuroscience of Helping Your People Love What They Do. Daniel M. Cable Chapter 1: The Way Things Ought To Be. The Seeking System in Action. Consider Bonnie Nardi.

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Alive at Work : The Neuroscience of Helping Your People Love What They Do by Daniel M. Cable (2019,

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Trade Paperback) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

Alive at Work : The Neuroscience of Helping Your People ...

Alive at Work reveals: How to encourage people to bring their best selves to work and use their greatest strengths to help your organization flourish How to build creative environments that motivate people to share ideas, work smarter, and embrace change How to enhance people's connection to their work and your customers How to create ...

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Alive at Work: The Neuroscience of Helping Your People ...

Alive at Work . The Neuroscience of Helping Your People Love What They Do. Daniel M. Cable.

Paperback. List Price: 16.00* * Individual store prices may vary. Other Editions of This Title: Hardcover (3/27/2018) Description. Poll after poll has confirmed that an astonishing number of workers are disengaged from their work. ...

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Alive at Work: The Neuroscience of Helping Your People Love What They Do (English Edition) eBook: Cable, Daniel M.: Amazon.com.mx: Tienda Kindle

Part I. The seeking system: Introduction: our organizations are letting us down -- The way things ought to be -- The way things are - and how to make them better -- Part II. Self expression: Encouraging

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people to bring their best selves to work -- Promoting self-expression -- Part III. Experimentation: Encouraging serious play -- Expanding on freedom and creativity -- Humble leadership and employees' seeking systems -- Part IV. Purpose: Helping employees see the impact of their work -- Creating narratives about purpose

Poll after poll has confirmed that an astonishing number of workers are disengaged from their work. Why is this happening? And how can we fix the problem? In this bold, enlightening book, social psychologist and professor Daniel M. Cable takes leaders into the minds of workers and reveals the

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What They Do surprising secret to restoring their zest for work. Disengagement isn't a motivational problem, it's a biological one. Humans aren't built for routine and repetition. We're designed to crave exploration, experimentation, and learning--in fact, there's a part of our brains, which scientists have coined "the seeking system," that rewards us for taking part in these activities. But the way organizations are run prevents many of us from following our innate impulses. As a result, we shut down. Things need to change. More than ever before, employee creativity and engagement are needed to win. Fortunately, it won't take an extensive overhaul of your organizational culture to get started. With small

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nudges, you can personally help people reach their fullest potential. Alive at Work reveals: How to encourage people to bring their best selves to work and use their greatest strengths to help your organization flourish How to build creative environments that motivate people to share ideas, work smarter, and embrace change How to enhance people's connection to their work and your customers How to create personalized experiences that help people feel a deeper sense of purpose Filled with fascinating stories from the author's extensive research, Alive at Work is the inspirational guide that you need to tap into the passion, creativity, and purpose fizzing beneath the surface of every person

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"A bold new approach to improving your performance and deepening your purpose." —DANIEL H. PINK, #1 New York Times bestselling author of Drive, When, and To Sell Is Human A Three-Step Process to Access and Activate Your Full Potential Imagine switching on the television to see a highlight reel of the best moments from your life. Like a professional athlete, with every clip you'd learn how to repeat past successes, pinpoint positive blind spots, and build confidence in your skills. In Exceptional, London

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Business School professor and expert social scientist Daniel M. Cable reveals how building your own personal highlight reel—a collection of positive memories about yourself from your network—is key to accessing your potential. Using the latest science and proven research behind best-self activation, his three-step process will help you improve your life by:

- Focusing on what you do best
- Crafting a life around your strengths
- Increasing your confidence and resilience

Cable has worked with tens of thousands of people to create their highlight reels and make the most of their gifts. The three-step process ultimately reveals how living up to your full potential can improve the relationships you value most and

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transform your mindset to one of possibility. Each of us can bring forth a version of ourself that is uniquely outstanding. It's a version of ourself that already exists—all we have to do is access it. □ A practical book on how to create one's own human highlight reel, and then use that highlight reel to direct one to success, growth, happiness, and fulfillment in work and life based on scientific results □ Great for readers interested in achieving self-improvement and a sense of purpose. □ You'll love this book if you love books like Mindset: The New Psychology of Success by Carol S. Dweck, Presence: Bringing Your Boldest Self to Your Biggest Challenges by Amy Cuddy, and The Power of Habit: Why We Do What We Do in Life and Business

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by Charles Duhigg.

Some investigators have argued that emotions, especially animal emotions, are illusory concepts outside the realm of scientific inquiry. However, with advances in neurobiology and neuroscience, researchers are demonstrating that this position is wrong as they move closer to a lasting understanding of the biology and psychology of emotion. In *Affective Neuroscience*, Jaak Panksepp provides the most up-to-date information about the brain-operating systems that organize the fundamental emotional tendencies of all mammals. Presenting complex material in a readable manner, the book offers a comprehensive

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summary of the fundamental neural sources of human and animal feelings, as well as a conceptual framework for studying emotional systems of the brain. Panksepp approaches emotions from the perspective of basic emotion theory but does not fail to address the complex issues raised by constructionist approaches. These issues include relations to human consciousness and the psychiatric implications of this knowledge. The book includes chapters on sleep and arousal, pleasure and fear systems, the sources of rage and anger, and the neural control of sexuality, as well as the more subtle emotions related to maternal care, social loss, and playfulness. Representing a synthetic integration of

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vast amounts of neurobehavioral knowledge, including relevant neuroanatomy, neurophysiology, and neurochemistry, this book will be one of the most important contributions to understanding the biology of emotions since Darwins The Expression of the Emotions in Man and Animals

A NEW YORK TIMES BESTSELLER From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and

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college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In *Never Enough*, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of

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various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a "cure" for addiction will not be found in our

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What They Do but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, *Never Enough* is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse.

An extraordinary guide for using the secrets of motivation to help everyone in your organization love what they do. In his groundbreaking book *Alive at Work*, psychologist Dan Cable offered leaders a fascinating peek into the neuroscience of motivation and offered them the tools to help employees love what they do. Now, with *Totally Alive*, Wardley and his

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coauthor, Dan Cable, kick it up a notch: How do you scale happiness, enthusiasm, and engagement across a team, a department, and an entire organization? This capability is increasingly important as companies look to grow, respond to crises, and transform their businesses. To rise to these challenges, employees need to be agile, caring, and purpose-driven. Using cutting-edge research in neuroscience and psychology, Wardley and Cable offer a three-part framework for building teams of agile, adaptable, curious, and highly motivated people. This includes: Reset: Reduce the threat response by creating a safe environment for employees Ignite: Create events or experiences that create flashes of insight and

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motivation. Fuel. Sustain people's motivation through repeatable actions, which will eventually result in new habits. Packed with fascinating research, on-the-ground stories, and new scientific findings—along with tools, assessments, and exercises—Totally Alive is the guide you need to build an exceptional organization, full of people who are motivated to perform at their very best.

170u can climb back up a stream of radiance to the sky, and back through history up the stream of time. 1 -Robert Frost topics that he judged to be important in brain his From the last years of the second millennium, tory leading into the end of the century,

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and what we can look back on antecedent events in neuro undertaken in response to the enthusiasm gener science with amazement that so much of modern ated by exhibition at several national and interna biomedical science was anticipated, or even said or done, in an earlier time. That surprise can be tional meetings of a series of large posters for which matched by appreciation for what the pioneer Magoun wrote a 27-page brochure. The posters investigators, with no inkling that they were creat were viewed by a multitude of young neuroscien ing a discipline, contributed to its emergence as a tists who wanted more, as well as by mature inves productive force in human progress. In today's tigators who were warmly

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pleased to see familiar names and faces from the past. The acclaim was reductionist atmosphere, in which research at the molecular level is producing breathtaking new accompanied by a veritable deluge of requests for knowledge throughout biology, the student may an illustrated, expanded publication.

“Big questions are Gazzaniga’s stock in trade.” —New York Times
“Gazzaniga is one of the most brilliant experimental neuroscientists in the world.” —Tom Wolfe
“Gazzaniga stands as a giant among neuroscientists, for both the quality of his research and his ability to communicate it to a general public with infectious enthusiasm.” —Robert Bazell, Chief

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Science Correspondent, NBC News The author of Human, Michael S. Gazzaniga has been called the “father of cognitive neuroscience.” In his remarkable book, *Who’s in Charge?*, he makes a powerful and provocative argument that counters the common wisdom that our lives are wholly determined by physical processes we cannot control. His well-reasoned case against the idea that we live in a “determined” world is fascinating and liberating, solidifying his place among the likes of Oliver Sacks, Antonio Damasio, V.S. Ramachandran, and other bestselling science authors exploring the mysteries of the human brain.

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