
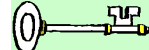

















Your Personal Capacity Building, Brain Health & Productivity Improvement Planning Map
 (see Overview Note in Your Ultimate Brain Book Learning Guide - work with your health care professionals to manage changes)

-  5-1 Set Specific and Measurable Goals - Tell My Brain Where I Want It To Take Me
-  5-2 Manage My State (including anxiety, confusion, challenge, frustration, happiness, relaxed alertness, sadness, more ...) - The Key To My Capacity
-  5-3 Manage My Stress - Or My Stress Will Manage Me
-  5-4 Use Music To Tune, Feed, Prime, Exercise and Otherwise Manage My Brain
-  5-5 Manage My Brain Fitness Using Neurobics, Brain Gym & Brain Exercises
-  5-6 Develop My Emotional Intelligence (Self-Awareness, Self-Regulation, Motivation, Empathy, Social Skills, Self-Confidence, Self-Esteem) - Understand and Work With How I Relate to Me and To Those Around Me
-  5-7 Lead & Manage Teams and Work Formally With At Least One Coach - with my brain in mind (be present and commit to having the life I want)
-  5-8 Teaching, Training & the Learning Brain - Maximize the Return on My Investment
-  5-9 Identify Brain-Related Resources (conferences, workshops, magazines, web sites, and more) To Support Me In Living, Learning & Working With My Brain In Mind


-  4-1 Learn to Think, Learn & Work Visually (mind mapping, graphic recording, graphic organizers, memory techniques, more ...)
-  4-2 Learn to Read, Learn & Manage Knowledge Faster & Better
-  4-3 Learn to Analyze & Study More Effectively
-  4-4 Learn to Apply My Understanding & Take Tests and Exams More Effectively
-  4-5 Learn to Produce More Effective Written & Verbal Reports, Summaries, Letters, Presentations, Speeches, and other Communications Materials Faster & Better
-  4-6 Learn to Use More of My Memory & Recall Capacity
-  4-7 Learn to Use More of My Creative and Innovative Capacity
-  4-8 Learn to Manage My Thinking, Intuition, Attitudes, Beliefs, Perception, Concentration & Decision-Making More Effectively

Please send us your feedback and suggestions on brain topics, articles, videos, and books & other resources through our Blog at: <http://Blog.UltimateBrainBook.com>
 Be sure to register for updates at: www.UltimateBrainBook.com

 **Continuing to Manage Your Capacity**



















The Ultimate Brain Book
Table of Contents/Guide
 (1) Understanding, (2) Developing, (3) Enhancing, (4) Leveraging and (5) Managing Your Lifelong Capacity, Brain Health & Productivity
www.UltimateBrainBook.com

 **Leveraging Your Capacity**

 **Understanding Your Brain & Its Capacity**

 **Lifelong Brain Development**

 **Enhancing Your Capacity**

-  1-1 Brain Basics: How does my brain work?
-  1-2 What systems help me to do what I do?
-  1-3 What aspects of my brain's performance can I influence?
-  1-4 What is important to me about my brain?
-  2-1 Pre-Birth & Baby Brains: At the beginning
-  2-2 Early Childhood: Hanging out with older brains
-  2-3 The Adolescent/Teenage Years: Testing the boundaries
-  2-4 Take Charge of My Aging Brain: Understanding & managing my risks
-  2-5 Brain Health Conditions (AD/HD, Autism, Addiction, Allergies, Anxiety, Depression, Asthma, Asperger's, Dyslexia, Alzheimer's & other forms of Dementia, Brain Injuries, more ...): What we're learning and how it can help
-  3-1 Manage Change - with my brain in mind
-  3-2 Manage My Nutrition (I am what I eat)
-  3-3 Manage My Sleep (to help manage my brain health, my immune system, more ...)
-  3-4 Manage My Physical Exercise (to help manage my blood pressure, my blood sugar, my cholesterol, more ...)
-  3-5 Manage My Love Life and Develop & Enjoy Other Healthy Social Interactions
-  3-6 Manage My Environment
-  3-7 Manage My Time & My Productivity - with my brain in mind
-  3-8 Manage My Female or My Male Brain - how my gender makes a difference
-  3-9 Have a Longevity Plan: Manage my Biological Age vs my Chronological Age

Review Your Ultimate Brain Book Learning Guide to help you make good use of your time in **Investing in Building Your Capacity, Improving Your Brain Health and Increasing Your Productivity** (copy available at www.UltimateBrainBook.com)

Physical
Mental
Emotional
Spiritual