



# Brain Gym for Business: Instant Brain Boosters for On-The-Job Success

*Gail E. Dennison, Paul E. Dennison, Jerry V. Teplitz*

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The 26 Brain Gym activities, developed in the 1980s by a reading specialist with a background in the development of sensory skills, are today used in homes, schools, and businesses in more than 80 countries. For everyone in business, from receptionists to CEOs, this book offers safe, simple Brain Gym routines to do at the office for the specific skills needed to access enhanced fine-motor skill as well as visual and sensory relaxation at work. Included are descriptions of the 26 activities, specific pointers for more than a dozen major categories of work, and illustrations showing office workers doing various movements to enhance their daily life skills. Use the task index to find a Brain Gym activity to support you in finding greater ease in your working life - from being comfortable at the computer, to maintaining self-control, to working as part of a team. (For more variations and applications, see Brain Gym: Teacher's Edition.)

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