

A BRAIN NEW WAY TO OVERCOME INFORMATION OVERLOAD

How can you overcome overwhelm unless you know how your brain really works?

There is more information in one daily edition of the New York Times than an average person who lived 100 years ago was exposed to in their *lifetime*. First, you'll discover your own personal best information-style. Then, you'll master proven techniques and tools you can use to overcome *your version* of information overload.

- Discover your information-style and what a difference it makes!
- Master brain-based strategies to quickly filter your data smog.
- Leave with immediately useful tips on deciding what to *keep* and *recycle*.

“Wonderful! Very informative and inspirational to take more care of myself in the workplace.”

Susan Cochran, American President Lines

ABOUT EVE ABBOTT WITH A BRAIN NEW WAY TO WORK



**AUTHOR, SPEAKER
& CONSULTANT**

Since 1988, Eve Abbott has pioneered productivity systems for executives and entrepreneurs so their teams can work at least 25% more effectively.

Ms. Abbott is author of the *A Brain New Way to Work*[™] series. “If time is money, then Eve’s books and programs will make you lots of money!” says **Jeffrey Fox, bestselling “Rainmaker” author**. She earned her degree in Sociology and Psychology from the University of California and holds a Lifetime Adult Teaching Credential.

Ms. Abbott is a lively interview guest on TV and radio. Her expertise appears in The New York Times articles and she writes the Business Wise column for the nationwide Business Journal. Her speaking engagements include the Prudential Real Estate Conference, the Institute for Management Consultants conference, and McGraw-Hill Publishing as well as hundreds of associations.