



BETA: THE WORKING BRAIN

"You have to work hard to get your thinking close to make it simple. But it's worth it in the end because once you get there, you can move mountains."

—Steve Jobs

THE BETA BRAIN IS THE CONNECTION, working brain.

The beta brain:

- ① gathers information
- ② makes decisions
- ③ deals with problems
- ④ pays focused attention
- ⑤ gets things done

Beta brainwaves are the primary brainwaves when we are involved in activities that require focused attention, critical

How To Use This Chapter

Michael Seilmaier



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