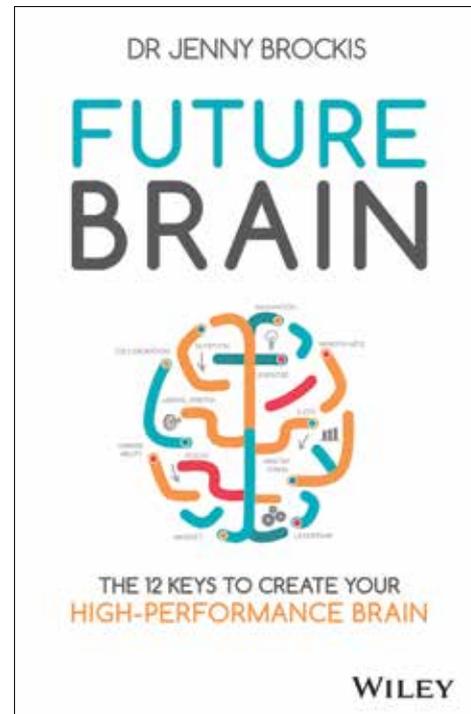


## FUTURE BRAIN

By Dr Jenny Brockis

Using neuroscience *Future Brain* details 12 steps we can take to create a high-performance brain, improve our mental health and build resilience. In easy to read chapters Dr Brockis covers familiar topics such as nutrition, sleep, mindset, stress and mindfulness. Dr Brockis believes that multi-tasking is a myth. She suggests that you 'do one thing at a time, give it your full and undivided attention and do it well.'

If you are in excellent health, regularly practice mindfulness, meditate, manage stress well and are up-to-date on the latest neuroscience research this book may not be for you. For those wanting to find balance and improve an area of your life, this may help. The book is a nice balance of facts which remind us of how to maintain equilibrium. Each chapter includes tips and detailed references for further reading.



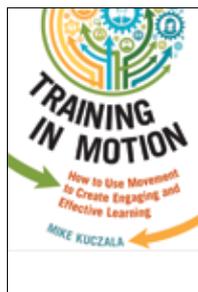
### THINK ONE TEAM

By Graham Winter

In *Think One Team* Graham Winter uses the fable of O'Donnell's Jelly Bean Company to describe how the power of a team

can transform an organisation. With a breakdown in communication, high staff turnover and morale at an all-time low the company needs to make some significant changes.

Winter details the method and toolkit used by leading companies to transform their businesses. Read this book and learn how to lead collaborative change and think and act as one team.



### TRAINING IN MOTION

By Mike Kuczala

Mike Kuczala believes that you can use movement to create engaging and effective

learning. *Training In Motion* is aimed at people who design and deliver training programs. Throughout the book Kuczala references brain research as evidence that movement can be used to manage learners' physical and emotional states.

The book details ideas for movement activities in training and team building activities. Each chapter includes questions and space to record how you will incorporate what you have read into your training program.



### HUMANISE

By Anthony Howard

*Humanise* takes us on a journey which is challenging - emotionally, intellectually

and spiritually. The author shares his knowledge and understanding of leadership qualities and skills that are thought provoking, human, direct, ethical, motivational and very relevant. Anthony Howard believes that human-centred leadership is the key to the 21st century.

The contents of the book should not be taken lightly but used as a powerful tool, to foster further self development and awareness as to what the leadership role, responsibilities and functions entail. Recommended reading for all.

*Reviewed by Eileen Allan*

Members are encouraged to contact [editor@aitd.com.au](mailto:editor@aitd.com.au) if you would like to review a book.