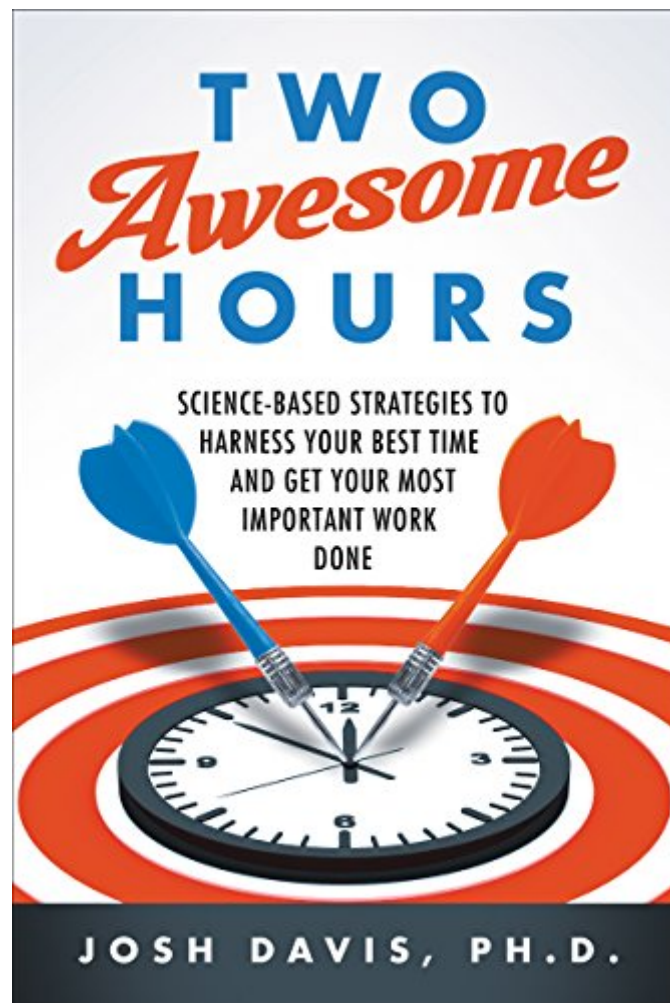


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# Two Awesome Hours: Science-Based Strategies To Harness Your Best Time And Get Your Most Important Work Done



## Synopsis

Feeling overwhelmed with work and life demands? Rushing, multitasking, or relying on fancy devices and apps won't help. The answer is to create the conditions for two awesome hours of peak productivity per day. Drawing on cutting-edge neuroscience, Josh Davis, director of research at the NeuroLeadership Institute explains clearly that our brains and bodies operate according to complex biological needs that, when leveraged intelligently, can make us incredibly effective. From what and when we eat, to when we tackle tasks or disengage—how we plan our activities has a huge impact on performance. Davis shows us how we can create the conditions for two awesome hours of effective mental performance by: Recognizing when to effectively flip the switch on our automatic thinking; Scheduling tasks based on their processing demand and recovery time; Learning how to direct attention, rather than avoid distractions; Feeding and moving our bodies in ways that prep us for success; Identifying what matters in our environment to be at the top of our mental game. We are capable of impressive feats of comprehension, motivation, thinking, and performance when our brain and biological systems are functioning optimally. Two Awesome Hours will show you how to be your most productive every day.

## Book Information

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## Customer Reviews

Two Awesome Hours is pretty much everything you want in a book about productivity. First, it doesn't try to "squeeze blood from a stone". That is to say, it assumes that the reader is a busy person who has probably tried other ways to squeeze more out of their day, so it stays away from "finding more time" and focuses on what to do with the time you already have. Second, it offers strategies that are new and fresh--those ideas that make you say "Yes! I wish I'd thought of that." Particularly helpful are his suggestions on how to deal with distractions and how to handle those points in the day when you get to choose what to do next. Third, the writing is clear, concise (it's a very fast read), and friendly. Davis backs up his ideas with research and facts but doesn't get bogged down in the science. Easy, useful read. Highly recommend!

A brilliant first book. This accessible read synergizes common-sense advice with the latest research to help any knowledge worker leverage their daily decision points and mental energy to create the perfect environment for two awesome hours of productivity. I've already implemented Dr. Davis's suggestions on how to stop fighting distractions, leverage my mind-body connection, and make my workspace work for me. Stop trying to work like a tireless computer and stop berating yourself for not being able to focus non-stop on that proposal for 8 hours. Instead, understand how your mind and body works, and make that work to your advantage. Dr. Davis makes his concepts accessible through clear writing that never condescends, using believable anecdotes that all of us knowledge workers will ruefully recognize. I read this book every day on the train to work, and was able to easily apply its suggestions that day. Highly recommended.

This is such a brilliantly honed treatise on focus and taking advantage of our brains the way we should. Dr. Davis has taken complex science and given us a gift that allows us to be productive in a few hours without feeling guilty about all the other ones that we think are supposed to be productive. It's a wonderfully breezy read that is practical; something only a true brain scientist could do. I say take one of your awesome hours in your day and bathe your brain in this book.

Full disclosure Josh was my tutor on my neuroscience of leadership masters but if anything that meant i approached this book with even higher expectations than if it was just another book taking our understanding of neuroscience and applying it to work. What i love about the book is the crisply written science evidence and practical advise which is easy to apply. I have been experimenting with the ideas Josh presents, especially on decision points and energy and they really work. The other thing i love is the style of writing. It feels like Josh is talking to you right out of the page. We

recently ran a webinar on how work habits hinder the brain and most of our our participants said they have no more hours available to work they must find new ways to be effective and productive. This book gives them the means to do that.

This book is so succinct you find yourself nodding your head yes the whole time, as if you've always known everything that's being said. And then you get back to work Monday morning and realize how incredibly ineffective your habits actually are. If you're like me (ie "normal" IMHO) you're habits need some fine tuning. The five lessons are so amazingly straight forward that you don't realize how counter intuitive they really are. I am one of those people who wants to know "why" as well as "how" so having the neuroscience to explain what is under the hood -- or under the skull -- is really helpful.

Josh does an excellent job bringing the neuroscience down to an easy-to-understand level with great practical benefits to make life more productive. If you want to become more effective, this is an outstanding read.

Having poured through many time management and self-help books, I have finally found a philosophy that works for me in Josh Davis's book. Two Awesome Hours is a powerful yet simple new message that allows us to enjoy work, do more in less time, and take better care of ourselves while we do it. Whether you're a corporate lawyer, a trader, an ad exec, teacher, doctor, or really anything else, there is something in this book for you. A quick and pleasurable read, Davis breaks down neuroscience and psychology principles (think Malcolm Gladwell) and provides concrete examples of how to get through the trials and tribulations of the average work day. Highly recommended!

This book changed my productivity, helping me to understand conscious task choices and using my energy more wisely. I accomplish more with deliberate, smart uses of my time. It's a fast read that you can incorporate into your life immediately.

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