

# OVERCOMING INFORMATION OVERLOAD

*How can you overcome info 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 learn proven techniques and tools you can use to overcome *your version* of information overload.

- Discover your brain's unique 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, THE ORGANIZER EXTRAORDINAIRE



**AUTHOR, SPEAKER,  
& CONSULTANT**

Since 1988, Eve Abbott has pioneered in brain-based productivity systems for executives, managers and business owners so their teams can work at least 25% more effectively. Her Performance Tune-Ups combine training and hands-on consultations.

Ms. Abbott is author of the *How to Do Space Age Work with a Stone Age Brain™* series (2006). She has degrees in Sociology and Psychology from the University of California and holds a Lifetime Adult Teaching Credential.

The Organizer Extraordinaire is a popular guest on TV and radio and appears in New York Times, Home Office Computing and Working Women articles. Her clients range from Hewlett-Packard to Nixon Peaboard LLP to Alameda County as well as countless small business owners.