

# OVERCOMING INFORMATION OVERLOAD

BY EVE ABBOTT

*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 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



**AUTHOR, SPEAKER,  
& CONSULTANT**

## ABOUT EVE ABBOTT, THE ORGANIZER EXTRAORDINAIRE

Since 1988, Eve Abbott has developed 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. 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 speaking engagements include the Prudential Real Estate Conference, the Institute for Management Consultants conference, and McGraw-Hill Publishing.