

TECHNOLOGY MAY BE CAUSING 'BRAIN BLOWOUT'!



Here is a [link](#) to a very timely article on something we all face, technology overload.

One of my favourite authors, Jeff Davidson, who wrote the classic **'Breathing Space'**, shares some expert views on how to tackle the problem.

[Jeff Davison is the work-life balance expert for our time-pressed workforce. More

information about him & his work can be found at his [corporate website](#).)

Posted by Say Keng LEE, OPTIMUM PERFORMANCE TECHNOLOGIES at [4/09/2008 03:01:00 PM](#)

Labels: [Jeff Davidson](#), [Technology Overload](#)