

Bronnen



Scan de QR-code voor websites, video's en apps.

Hoofdstuk 1 Een doel voor ogen

http://www.archimedes-lab.org/weekly_optical.html
https://www.goodreads.com/author/quotes/9399.Jeanette_Winterson
<http://www.goodreads.com/quotes/141245-if-you-want-to-live-a-happy-life-tie-it>

Hoofdstuk 2 De VUCA-wereld

http://en.wikipedia.org/wiki/Red_Queen_hypothesis
http://en.wikipedia.org/wiki/Volatility,_uncertainty,_complexity_and_ambiguity
<http://gereports.eu/post/99052496229/whats-next-the-six-technologies-that-will-shape>
<http://www.inc.com/erik-sherman/12-disruptive-technologies-you-need-to-know-about.html>
<http://www.kennisnet.nl/themas/21st-century-skills/vaardigheden/benodigde-vaardigheden-voor-de-21ste-eeuw/>
http://www.kvk.nl/advies-en-informatie/innoveren/internet-of-things/?gclid=CJ_th6KJtMMCFaHJtAodUQUAIQ
<http://www.marketingfacts.nl/berichten/pim-trendrapport-2014-welkom-in-het-tijdperk-van-de-homo-socius>
<http://newscenter.berkeley.edu/2013/06/20/the-red-queen-was-right-life-must-continually-evolve-to-avoid-extinction/>
http://opite.pbworks.com/w/file/attach/61995295/White%20Paper%2021stCS_Final_ENG_def2.pdf
<http://vara.nl/Vrijheid-gelijkheid-broeders.10996.0.html>

Hoofdstuk 3 Het CEO-brein

<http://www.cognitivefun.net/>
http://en.wikiquote.org/wiki/Isaac_Asimov
<http://www.goodreads.com/quotes/110684-it-is-change-continuing-change-inevitable-change-that-is-the>
http://en.wikipedia.org/wiki/Mirror_test
<http://www.mathsisfun.com/games/towerofthanoi.html>
<http://www.trimbos.nl/onderwerpen/psychische-gezondheid/antisociale-persoonlijkheidsstoornis/symptomen>
<http://zap.psy.utwente.nl/>

Hoofdstuk 4 Het recept voor succes

<http://www.brainyquote.com/quotes/quotes/v/viktorefr160380.html>

<http://character.org/>

https://sasupenn.qualtrics.com/SE/?SID=SV_06f6QSOS2pZW9qR

<https://sites.sas.upenn.edu/duckworth/pages/research>

Hoofdstuk 5 Valkuilen

<https://www.coach.me/>

http://www.davidrock.net/files/NLJ_SCARFUS.pdf

<http://www.nasonline.org/publications/biographical-memoirs/memoir-pdfs/olds-james.pdf>

<https://play.google.com/store/apps/details?id=uk.amimetic.habitspro>

<http://www.quotationspage.com/quote/42360.html>

https://sasupenn.qualtrics.com/SE/?SID=SV_06f6QSOS2pZW9qR

<https://www.youtube.com/watch?v=KhoXFVQsIw>

Hoofdstuk 6 Enriched Environment – Verrijk je omgeving

http://www.boston.com/bostonglobe/ideas/graphics/011109_hacking_your_brain/

https://www.goodreads.com/author/quotes/1203736.Oliver_Wendell_Holmes_Sr_

Hoofdstuk 7 Flow Focus – Geef richting aan de plasticiteit van je hersenen

<http://www.apa.org/news/press/releases/2008/10/stress-in-america.pdf>

<http://www.bezielen.nl/de-tien-beste-apps-voor-meditatie-en-mindfulness/>

<http://www.brainyquote.com/quotes/quotes/a/alberteins104873.html>

<http://buddhify.com/>

<http://www.digitalezorggids.nl/blog/de-12-beste-meditatie-en-mindfulness-apps-van-2014>

[https://en.wikipedia.org/wiki/Flow_\(psychology\)](https://en.wikipedia.org/wiki/Flow_(psychology))

https://en.wikipedia.org/wiki/Heart_rate_variability

<https://www.headspace.com/headspace-meditation-app>

<http://www.iculture.nl/gids/mindfulness-apps-iphone-ipad/>

<http://www.mentalworkout.com/store/programs/mindfulness-meditation/>

http://www.theregister.co.uk/2009/08/26/multitasking_study/

<https://www.vgz.nl/mindfulness-coach-app>

<https://www.youtube.com/watch?v=92i5m3tV5XY>

Hoofdstuk 8 Fixed Sleep Pattern – Ontdek de kracht van slapen

<http://www.artofmanliness.com/2012/08/08/12-concentration-exercises-from-1918/>
www.azumio.com
<http://www.zoominfo.com/p/Allan-Rechtschaffen/456564911>
<http://www.dokterdokter.nl/gezond-leven/psyche/10-redenen-om-meer-te-slapen/>
<http://educatie.ntr.nl/beterslapen/index.jsp?nr=574728>
http://www.kempenhaeghe.nl/upload/_1117_pageitems_613_slaapwaakkalender%20volwassenen%20-%20voor%20web.pdf
<https://www.nhg.org>
https://www.nhg.org/sites/default/files/content/nhg_org/uploads/standaard/download/slaapdagboek.pdf
<https://play.google.com/store/apps/details?id=nl.uu.science.sleepcare&hl=nl>
<https://www.radboudumc.nl/Zorg/Afdelingen/nkcv/Pages/default.aspx>
<http://sleep.org/>
www.sleepcycle.com
<http://sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>
http://sleepfoundation.org/sites/default/files/STREPchanges_1.png
<http://sleephealthjournal.org/>
<http://www.thuisarts.nl>
<http://www.thuisarts.nl/sites/default/files/slaapdagboek.pdf>
<http://www.vermoeidheid.nl/vermoeidheid/tips-voor-een-goede-nachtrust.asp>

Hoofdstuk 9 Exercise – Vorm en versterk je hersenen

<http://allesporten.nl/>
<http://www.azumio.com/s/argus/index.html>
<http://www.azumio.com/s/fitnessbuddy/index.html>
http://inspanningloont.nl/kenniscentrum/content.php?main_tag=Trainingszones&article=formule-van-karvonen
<http://www.doeaansport.nl/soorten-sport.php>
<http://www.fysiotherapiewetenschap.com/bestanden/38.pdf>
http://www.fysiovrageenlijst.nl/docs/pdf/Rand%2036%20-%20Short%20Form%20_SF_%2036.pdf
<http://internal.psychology.illinois.edu/~alleras/videos.htm>
<https://itunes.apple.com/app/trainingpeaks/id408047715?mt=8>
<http://www.joggycoach.com/home.html>
<http://www.myfitnesspal.com/mobile/iphone>
<http://www.nisb.nl/doen/interventies/overzicht-erkend-sport-en-beweegaanbod.html>
<https://runkeeper.com/running-app>
http://www.zel.nl/wp-content/uploads/2014/11/Pace_vragenlijst_NISB.pdf

Hoofdstuk 10 Connect Today and Tomorrow – Maak de toekomst vandaag

www.acestudy.org
<http://www.brainyquote.com/quotes/keywords/today.html>
<http://www.cogmed.com/working-memory-challenge>
<http://cognitivefun.net/test/4>
<http://www.gocognitive.net/demo/working-memory-capacity>
<https://itunes.apple.com/nl/app/iowa-gambling-task/id807409936?mt=8>
<http://www.lumosity.com/>
<https://play.google.com/store/apps/details?id=com.zsimolabs.iowa&hl=en>
<https://support.apple.com/nl-nl/HT202335>
<https://www.youtube.com/watch?v=39A3z3S6aY0>, of gewoon verder lezen.
<http://zap.psy.utwente.nl/zaps/zaps/zaps/sternbergsearch.res/frames.html>

Hoofdstuk 11 Time – Gun jezelf tijd

<http://www.bbc.com/future/story/20120827-how-to-make-time-stand-still>
<https://www.beeminder.com/overview>
<http://www.citatenverzameling.com/trefwoorden-werk.html>
<http://www.dosomethingdifferent.nl/>
<http://www.goalsontrack.com/>
https://www.omnigroup.com/omnifocus?pk_campaign=tmga
<http://www.sociidot.com/>
<http://www.stridesapp.com/>
<https://www.superbetter.com/>
<http://www.unstuck.com/>

Hoofdstuk 12 Het effect: Meet de resultaten van het EFFECT-programma

<http://www.cogmed.com/working-memory-challenge>
<http://www.cognitivefun.net/>
<http://cognitivefun.net/test/4>
<http://www.gocognitive.net/demo/working-memory-capacity>
<http://www.goodreads.com/quotes/44719-it-is-good-to-have-an-end-to-journey-toward>
<http://www.mathsisfun.com/games/towerofhanoi.html>
https://sasupenn.qualtrics.com/SE/?SID=SV_06f6QSOS2pZW9qR
<https://sites.sas.upenn.edu/duckworth/pages/research>
<http://zap.psy.utwente.nl/>