



Fortalece tu mente (Psicología y Autoayuda) (Spanish Edition)

Alberto Coto

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Se ha demostrado científicamente que una mente sana y en forma es garantía de salud y un sólido pilar sobre el que construir una vida más feliz y plena. Pero para mantenerse en forma, la mente necesita estímulos, ejercicio, actividad; en definitiva: ¡necesita pensar! Este libro podríamos definirlo como un energético cóctel de vitaminas para el cerebro. Es a la vez un desafío y un divertimento que ayudará a potenciar su mente de un modo inestimable. La fuerza mental que proporciona el desarrollo de la lógica, la potenciación del ingenio y la creatividad del pensamiento lateral, la estructuración que ofrece el cálculo, el poder de concentración que se logra con los enigmas de los criptogramas... Esta obra ofrece un abanico de problemas para su mente que van desde los más sencillos de calentamiento hasta verdaderos retos para su cerebro. Toda la secuencia de los ejercicios y problemas están concebidos como un completo programa de gimnasia mental para su cerebro por el campeón y plusmarquista mundial de cálculo mental rápido. Conseguir una mente fuerte y un pensamiento capaz y efectivo es posible. Ponga a trabajar su cerebro con los ejercicios y problemas de este libro y logrará que esté sano y en forma. Y además, le aseguramos que le sorprenderá y le divertirá.

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