



# Neurociencias para tu vida (Spanish Edition)

*Néstor Braidot*

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## **Neurociencias para tu vida (Spanish Edition)** Néstor Braidot

El desarrollo de nuestro cerebro-cuerpo-mente-espíritu no es una atribución determinada por la suerte, el destino o los genes. Es el resultado –sobre todo– de lo que cada uno hace por sí mismo y de la relación que construye con el entorno. Esto se traduce en una conformación cerebral que define la posibilidad de ser creativos, inteligentes y eficaces en las actividades que debemos y queremos realizar, y –en definitiva– de lograr una vida plena. A partir de la información que proporcionan las neurociencias y sus avances más recientes, este libro propone el desarrollo neurocognitivo y el autoliderazgo emocional para que cada persona pueda optimizar sus capacidades, mejorando sus funciones cerebrales actuales y, paralelamente, crear reservas para superar o reducir el deterioro que pueden generar el estrés y la edad (entre otros factores) en el futuro. Néstor Braidot hace accesibles complejos conocimientos sobre los sistemas que rigen el funcionamiento del cerebro, y ayuda a definir caminos de desarrollo que abren nuevas perspectivas para nuestro cerebro y, esencialmente, para nuestra existencia. El desarrollo de nuestro cerebro-cuerpo-mente-espíritu no es una atribución determinada por la suerte, el destino o los genes. Es el resultado –sobre todo– de lo que cada uno hace por sí mismo y de la relación que construye con el entorno. Esto se traduce en una conformación cerebral que define la posibilidad de ser creativos, inteligentes y eficaces en las actividades que debemos y queremos realizar, y –en definitiva– de lograr una vida plena. A partir de la información que proporcionan las neurociencias y sus avances más recientes, este libro propone el desarrollo neurocognitivo y el autoliderazgo emocional para que cada persona pueda optimizar sus capacidades, mejorando sus funciones cerebrales actuales y, paralelamente, crear reservas para superar o reducir el deterioro que pueden generar el estrés y la edad (entre otros factores) en el futuro. Néstor Braidot hace accesibles complejos conocimientos sobre los sistemas que rigen el funcionamiento del cerebro, y ayuda a definir caminos de desarrollo que abren nuevas perspectivas para nuestro cerebro y, esencialmente, para nuestra existencia.

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