

Fortalece Tu Mente Alberto Coto Pdf

Alberto Coto,Alberto Coto García

Fortalece tu mente Alberto Coto García,2009-11-11 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.

Desarrolla tu agilidad mental Alberto Coto García,2011

Fortalece tu mente 2 Alberto Coto,Alberto Coto García,2007

Entrenamiento mental Alberto Coto García,2007

Tu mente en forma Alberto Coto García,2010-01-28 Tener una mente en forma es tan importante como mantener el cuerpo sano. Memoria, análisis, uso de la lógica, cálculo, pensamiento espacial o lateral, son capacidades que todos poseemos en mayor o menor grado pero que, con el debido entrenamiento y estímulo, da como resultado la posibilidad de aumentar el cociente intelectual y, sobre todo, nos permite estar mucho más capacitados a la hora de abordar los desafíos de la sociedad actual. Sea en los estudios, en la preparación de acceso a puestos de trabajo o en la mejora del rendimiento profesional, una MENTE EN FORMA representa la mejor y más potente herramienta que podemos utilizar para mejorar nuestra vida. Los ejercicios que te propongo en este libro están diseñados para que sean un auténtico entrenador personal para tu mente. Encontrarás desde problemas para estimular el pensamiento lateral, hasta los ejercicios más habituales que suelen aparecer en los test que se utilizan en la selección de personal de cualquier empresa para acceder a un puesto de trabajo u optar a una promoción. Todo ello siguiendo un programa que atiende a las más importantes capacidades mentales y

que va, paso a paso, desde lo más sencillo a lo más complejo. Recuerda también que todos los médicos aconsejan el ejercicio mental para prevenir el deterioro prematuro de las capacidades cerebrales. No dudes en entrenar tu mente. Y si te decides, te aseguro que este libro te será de gran ayuda.

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