



Ágilmente [Agilely]: Aprendé cómo funciona tu cerebro para potenciar tu creatividad y vivir mejor [Learn How Your Brain Functions to Enhance Your Creativity and Live Better]

Estanislao Bachrach

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La neurociencia es clara: el cerebro aprende hasta el último día de vida. La creatividad puede expandirse. Tu mente, mediante la aplicación de las técnicas correctas, puede modificar la anatomía y estructura de tu cerebro. "Ágilmente" es un audiolibro sobre la habilidad para imaginar y ser más creativos. Vas a lograr desarrollar todo tu potencial y a entender los mecanismos de tus propios aprendizajes, a comprender cómo utilizar los sentidos, a ampliar la memoria, a focalizar la atención, a controlar las emociones negativas y a disfrutar de las positivas.

Please note: This audiobook is in Spanish.

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