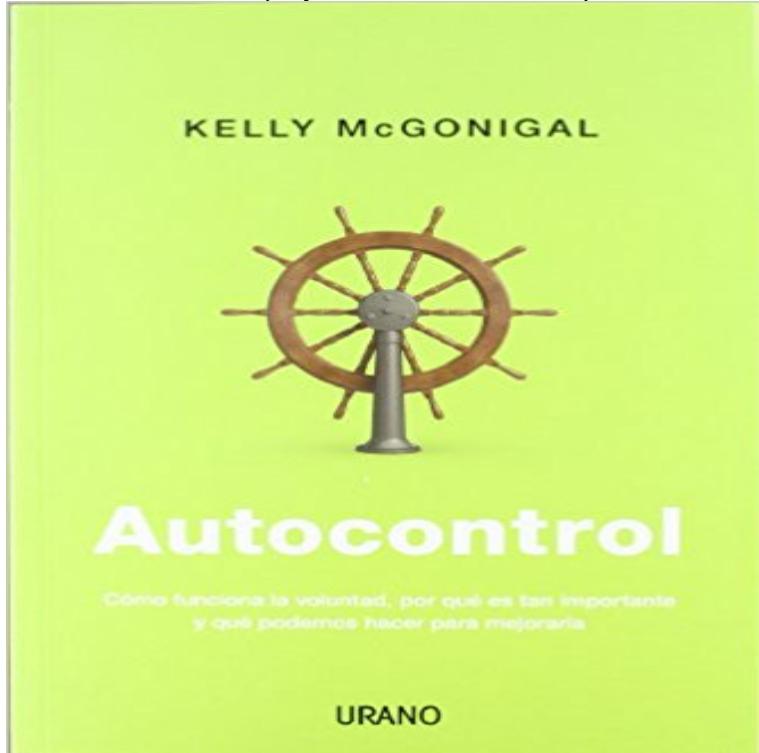


Autocontrol (Spanish Edition)



Por primera vez, un libro responde de forma clara, util y contundente a una de las preguntas que mas nos torturan a todos: por que cuesta tanto poner en practica lo que uno se propone? En un ensayo unico en su genero, la psicologa Kelly McGonigal expone por primera vez que es la fuerza de voluntad, como funciona y por que influye tanto en la salud, la felicidad y la productividad. Basandose en los ultimos hallazgos cientificos en materia de psicologia, neurociencia y medicina, McGonigal niega que el autocontrol sea una virtud, como tendemos a creer; la fuerza de voluntad es una funcion biologica que se puede mejorar mediante aspectos que van desde la nutricion hasta el sueno o la presencia. Poniendo en practica sus ejercicios y estrategias, los lectores no solo aumentaran la capacidad del cerebro para llevar a cabo sus propósitos, sino que alcanzaran con facilidad objetivos que habian acabado por considerar inalcanzables. / Based on the course The Science of Willpower, The willpower instinct is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining psychology, economics, neuroscience, and medicine, it explains what willpower is, how it works, and why it matters.

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