



# Tu cerebro manda (Spanish Edition)

*John Medina*

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## **Tu cerebro manda (Spanish Edition)** John Medina

La mayoría de nosotros no sabe qué pasa dentro de nuestro cerebro. Por ejemplo, ¿sabías que todas las mentes humanas reaccionan positivamente ante una fotografía de la actriz Jennifer Aniston? ¿O que en los genes de Michael Jordan estaba escrito que jamás sería bueno en beisbol aunque fuera un astro del baloncesto? ¿Que es posible recordar todas las melodías de música clásica, pero olvidar cómo atar las agujetas?

Este libro es una recopilación de las doce reglas según las cuales funciona el cerebro humano, y cómo al entenderlas es posible aplicar ideas revolucionarias que mejoran nuestra vida diaria. El doctor John Medina explica cómo la ciencia de la mente humana puede transformar la manera en la que criamos a nuestros hijos o educamos a nuestros alumnos.

Las historias fascinantes que aparecen en Tu cerebro manda y el sentido del humor con que se relatan cambiarán por completo la manera de usar tu mente. Descubrirás que cada cerebro tiene un cableado diferente, que nuestro cuerpo está diseñado para recorrer ¡20 kilómetros diarios!, que los recuerdos son volátiles y que el estrés puede minar nuestra capacidad de aprendizaje.

Cuando termines de leer este libro entenderás cómo funciona realmente tu cerebro y cómo puedes aprovecharlo al máximo.

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