



EnCambio: Aprendé a modificar tu cerebro para cambiar tu vida y sentirte mejor (Spanish Edition)

Estanislao Bachrach

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"Este año cambio de trabajo, empiezo el gimnasio, bajo esos kilitos de más, aprendo un idioma nuevo" Cambiar. Esa es la cuestión.

A veces te da tanto miedo no lograrlo que ni siquiera lo intentás. Te decís que sos así, que ya no podés cambiar.

Vivís en piloto automático, reaccionando a las diversas situaciones del día a día casi sin pensar. Algunos de estos comportamientos te hacen eficiente, pero otros son detractores de eso que querés hoy para vos.

Esto no es casual. No sos vos, es tu cerebro. Estas reacciones automáticas son determinadas por patrones cerebrales que vas construyendo a lo largo de tu vida.

EnCambio te va a permitir alumbrar los procesos por los cuales pensás, sentís y te comportás de determinada manera, y así dejar atrás aquellos hábitos y conductas que ya no te sirven. El objetivo es que aprendas el potencial que tiene tu cerebro para cambiar y la capacidad que tenés vos para modificarlo.

En este libro encontrarás la forma de conocerte mejor, paso fundamental para lograr un mayor bienestar, y las herramientas para que puedas cambiar pensamientos, emociones y acciones que entorpecen la vida que querés, con el fin de conseguir objetivos a largo plazo, personales y profesionales.

Con *Ágilmente*, Estanislao Bachrach llevó el conocimiento científico del cerebro a la vida cotidiana de miles de lectores. EnCambio lo instala definitivamente como el gran divulgador de la biología de nuestro órgano más complejo ypreciado.

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