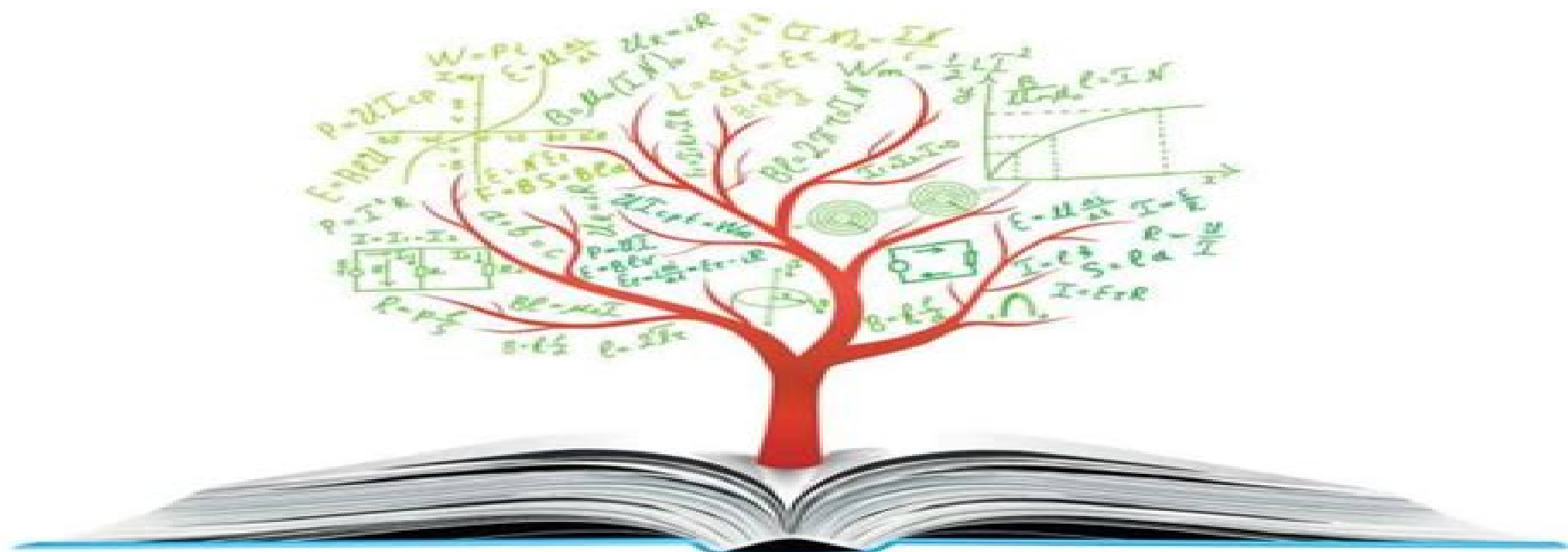


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Abre tu mente a los números Barbara Oakley,2016-06-30 Barbara Oakley iba para lingüista pura y aprendió a aprender. Hoy es doctora en Ingeniería. Con un lenguaje claro y directo nos brinda la posibilidad de reentrenar nuestro cerebro, descubrir sus fortalezas y aprovecharlas para mejorar nuestro rendimiento en el estudio. Todo ello a partir de una sólida base científica y multitud de trucos que podemos probar en cualquier momento. Ya seas un estudiante con dificultades, un maestro que no conecta con sus alumnos o una madre que quiere ayudar a sus hijos, este libro te dará las herramientas necesarias para mejorar tu memoria, aumentar tu concentración y estimular tu aprendizaje. Verás cómo además de a las matemáticas le perderás el miedo a cualquier otra disciplina. [Resumen Completo - Abre Tu Mente A Los Numeros \(A Mind For Numbers\) - Basado En El Libro De Barbara Oakley](#) Libros Maestros,2024-02-10 RESUMEN COMPLETO ABRE TU MENTE A LOS NUMEROS A MIND FOR NUMBERS BASADO EN EL LIBRO DE BARBARA OAKLEY. Estás listo para potenciar tu conocimiento sobre ABRE TU MENTE A LOS NUMEROS. Quieres aprender de manera rápida y concisa las lecciones clave de este libro. Estás preparado para procesar la información de todo un libro en tan solo una lectura de aproximadamente 20 minutos. Te gustará tener una comprensión más profunda de las técnicas y ejercicios del libro original. Entonces este libro es para ti. **CONTENIDO DEL LIBRO** Despierte A Su Matemático Interior. Cuáles Son Las Formas Que El Cerebro Humano Tiene De Pensar. Son Fundamentales El Pensamiento Concentrado, El Difuso Y El Sueño. Para Un Aprendizaje Exitoso Es Necesario Que El Material De Aprendizaje Se Fragmente Y Recuerde. Para Adquirir Experiencia Se Debe Centrarse En El Proceso En Lugar Del Producto. Para Evitar La Postergación Resultan Ser Los Trucos Mentales Herramientas Poderosas Que Ayudan A Aprender. Qué Ventajas Tienen Las Técnicas De Memorización. Suelen Ser La Práctica Y La Perseverancia Más Importantes Que La Inteligencia. Es La Prueba Una Poderosa Experiencia De Aprendizaje En Sí Misma. **Abre tu mente a los números**, [Resumen Completo | Abre Tu Mente A Los Numeros: Como Sobresalir En Ciencias Aunque Seas De Letras \(A Mind For Numbers\) - Basado En El Libro De Barbara Oakley](#) Libros Maestros,2021 [Aprender a aprender](#) Barbara Oakley, Terrence Sejnowski, Alastair Chisholm,2021-06-18 Una manera sorprendentemente fácil de dominar cualquier asignatura con independencia de si eres o no un buen estudiante. Todos tenemos las herramientas para aprender aquello que por naturaleza nos cuesta más: el secreto reside en entender cómo funciona el cerebro para desatar todo su potencial. En este libro descubrirás por qué dejar que a veces tu mente deambule es una parte importante del proceso de aprendizaje. Cómo evitar los surcos cognitivos para poder pensar con más originalidad. Por qué tener una mala memoria puede ser algo bueno. Una manera sencilla pero eficaz de dejar de procrastinar. Basado en el libro superventas **Abre tu mente a los números** y su extremadamente popular curso en línea complementario **Aprender a aprender**, este libro consigue que aprender resulte fácil y divertido. **Cambiar de mentalidad** BARBARA OAKLEY,2018-07-03 En una época en la que se nos pide constantemente que nos reinventemos para adaptarnos a las nuevas tecnologías, **Cambiar de mentalidad** nos muestra cómo podemos descubrir talentos de los que no somos conscientes.

sin que importe cuáles es nuestra edad o cuáles son nuestros antecedentes Frecuentemente se nos dice que sigamos nuestras pasiones pero en este libro la Dra Barbara Oakley nos muestra cómo podemos ampliarlas Recurriendo a los últimos conocimientos neurocientíficos Barbara nos guía más allá de las ideas de aptitud y capacidad que nos aportan una fugaz visión sobre quiénes somos ahora pero que apenas abordan la cuestión de lo que podemos llegar a ser Incluso características aparentemente negativas como una mala memoria pueden estar asociadas a determinadas ventajas ocultas como una mayor creatividad Poniendo de ejemplo a personas de todo el mundo que han superado sus limitaciones iniciales la Dra Oakley nos muestra cómo podemos transformar lo que percibimos como una debilidad el síndrome del impostor y el envejecimiento en fortalezas Nuestros mayores escollos pueden ser nuestros propios prejuicios pero con una percepción mental adecuada podemos acceder a nuestro potencial oculto y generar nuevas oportunidades En blanco Juan Fernández, 2024-03-27

Alguna vez te has quedado en blanco Has sentido que no conseguías utilizar todo tu potencial para aprender Quizás hayas visto a tus familiares amigos o alumnos en la misma situación Y muy probablemente la solución ha pasado por más y más horas de estudio más clases más y más Pero y si la respuesta no fuese más sino diferente Y si podemos mejorar nuestra forma de encarar el aprendizaje para concentrarnos mejor sacarle más partido a nuestra capacidad de atención y evitar quedarnos en blanco En este libro escrito con claridad y una prosa asequible Juan Fernández nos explica de una manera sencilla y práctica las estrategias que te ayudarán a aprender mejor y conocer las bases científicas que explican cómo y por qué funcionan estas herramientas lo que te permitirá adaptarlas a diferentes contextos Tu capacidad de concentración mejorar maximizarás tu aprendizaje sacarás mayor rendimiento a tu memoria y nunca jamás volverás a quedarte en blanco **El juego de la vida** Adriana Hernández Planillas, 2021-10-14

El tablero de ajedrez es una lúcida representación del juego de la vida Hay logros que precisan avances pequeños y humildes como los del peón otros que solicitan pasos seguros y contundentes como los de la reina Hay pérdidas y retrocesos pero también cambios de estrategia que nos devuelven el control de la partida el poder sobre nuestro destino En este libro cada una de las 64 casillas del tablero nos ofrece una lección vital Estrategias para el éxito basadas en la inteligencia Anécdotas del mundo del ajedrez las vicisitudes de los grandes jugadores los torneos y partidas míticas Un sinfín de fábulas y leyendas que ejemplifican cada una de las enseñanzas de vida Ejercicios para la realización personal Mueve pieza hacia la realización personal y el éxito El arte de vivir en 64 lecciones Serás feliz, probablemente Alejandro Sahuquillo, 2021-02-10

Tu genoma es igual en un 99,9% al de los demás Por lo tanto si la persona más distinta a ti puede ser feliz todos podemos serlo Encontrar la felicidad es uno de los retos de los seres humanos Pero qué es lo que realmente nos hace felices Es la familia El dinero Para alcanzar la felicidad sirve meditar Cómo influye el esfuerzo Cómo se ve afectada por las redes sociales Ayuda una buena siesta Y ser religioso Cómo se relaciona con el sufrimiento En las últimas décadas a partir de los más variados experimentos psicólogos antropólogos genetistas neurocientíficos pensadores e historiadores han estudiado la felicidad y han descubierto lo que probablemente nos hace felices Los hallazgos explicados en

este libro con amenidad y rigor son asombrosos Basándose en diversos estudios científicos en Serás feliz probablemente encontrarás las conclusiones más importantes sobre cómo alcanzar la felicidad y cómo convertirla en parte de tu vida **Un lenguaje divino** Alec Wilkinson, 2025-03-27 La crónica de un viaje muy personal a un mundo nuevo el universo infinito de los números Tras una larga carrera como escritor y periodista y al borde del otoño de la vida Alec Wilkinson se enfrenta a un reto que arrastra desde su infancia aprender matemáticas Lo que comienza como un desafío personal se transforma pronto en el descubrimiento de un lenguaje y una lógica nuevas un universo de enigmas inesperados y fascinantes Pronto ese ejercicio de crecimiento personal y tortura se transforma en una exploración intelectual que le abre la puerta de otro mundo En este libro Wilkinson se adentra en la faceta divina que los números han mostrado al cerebro humano desde la antigüedad las grandes cuestiones de la materia el debate sobre los orígenes del ser humano los problemas y ecuaciones que siguen sin resolverse después de siglos el enigma de los números primos Con la mente abierta con la decisión de hacer los deberes de una toda vida y con mucho sentido del humor Wilkinson se enfrenta a las frustraciones y recompensas de las matemáticas prácticas Conseguir por fin aprender matemáticas al segundo intento décadas después de haber fracasado en la infancia

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