



# ENTRENAMIENTO MENTAL (Psicología y Autoayuda) (Spanish Edition)

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Es común que muchas personas consideren los números y las matemáticas como algo difícil, abstruso y aburrido. Nada más falso; el cálculo mental puede ser un elemento de magnífico entretenimiento y, tal como demuestra esta obra, hay una forma de abordar las matemáticas tan creativa como recreativa. Además, todo lo que nos rodea está sujeto a los números, y de muchas formas diversas las matemáticas están presentes en nuestra vida cotidiana haciéndonos necesario su manejo. Pero lo más importante es que está demostrado que el cálculo mental es un ejercicio imprescindible para aumentar la inteligencia, mantener el cerebro en forma y prevenir el envejecimiento prematuro de las neuronas, permitiéndonos tener una mente más activa, lógica, potente y ágil. En este libro, el autor, poseedor de varios récords mundiales de cálculo mental rápido, nos ofrece la posibilidad de abordar los números, el cálculo y las matemáticas desde una perspectiva tan amena como enriquecedora, ya que con numerosos ejemplos, “trucos” y ejercicios nos enseña a desarrollar una mente matemática más potente que le servirá para aplicarla a asuntos tan diversos como invertir en Bolsa, utilizarla en el deporte, participar en juegos de azar, apreciar y comprender mejor la armonía del arte, o simplemente poder realizar sin calculadora cambios de moneda o repasar rápidamente una cuenta de gastos. Una obra imprescindible que su cerebro sabrá apreciar.

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