

# Descargar Libro En Línea PDF Epub Mobi Español Concéntrate - Harriet Griffey



Descargar libro en línea PDF epub mobi Español **Concéntrate Harriet Griffey** , La capacidad de concentración tiene un fuerte impacto en nuestra vida, ya que influye en nuestro comportamiento y nuestras decisiones personales y profesionales. Nacemos con dicha capacidad, pero con el ritmo de vida actual concentrarse parece más difícil que nunca y acabamos consiguiendo menos en vez de más. Harriet Griffey, escritora, periodista y coach de rendimiento, analiza en este libro los estudios científicos más recientes y pasa revista a los elementos que impiden la concentración y las estrategias necesarias para recuperar esta habilidad. **DESCUBRA:** - Qué impide la concentración y qué técnicas y estrategias puede emplear para aumentar su productividad. - Cómo funciona el cerebro y cómo recuperar la concentración y establecer un orden de prioridades. - Cómo ayudar a sus hijos a concentrarse mejor y adquirir hábitos duraderos de concentración.

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