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## Juega

By Stuart Brown

Books4pocket, 2014. soft. Book Condition: New. ¡A jugar! La forma más efectiva de desarrollar el cerebro, enriquecer la imaginación y alegrar el alma. Esta obra apasionante aporta un enfoque revolucionario al campo de la psicología práctica revelando la verdadera dimensión de una actividad en apariencia intrascendente: el juego. Jugar, dice Stuart Brown, médico, psiquiatra e investigador clínico, es una actividad nacida de millones de años de evolución, esencial para nuestra sociabilidad, adaptabilidad e inteligencia. Su utilidad ha sido demostrada científicamente: el juego está directamente relacionado con el desarrollo del córtex prefrontal, la región cerebral responsable de gran parte de lo que llamamos cognición. Literalmente, nos ayuda a modelar el cerebro, crea nuevas posibilidades cognitivas y estimula nuestra consciencia. Rigurosa, amena y accesible, ¡A jugar! enseña a los lectores a incorporar el juego a su vida, reencontrar su pasión y experimentar una auténtica transformación vital. Porque el juego, nos dicen las últimas investigaciones en neurociencia, no es cosa de broma, sino una actividad necesaria para la salud y la felicidad. Stuart Brown Médico, psiquiatra, investigador clínico y fundador del National Institute for Play de Estados Unidos, aparece con regularidad en diversos medios de comunicación e imparte talleres sobre juego y creatividad...



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