

DR. STEVE PETERS



LA PARADOJA DEL CHIMPANCÉ

EL PROGRAMA DE GESTIÓN
MENTAL QUE TE GARANTIZA
EL ÉXITO, LA CONFIANZA
Y LA FELICIDAD QUE DESEAS

URANO

La Paradoja Del Chimpance 1 Crecimiento Personal

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La Paradoja Del Chimpance 1 Crecimiento Personal:

El Principio de Sorites Ian Gibbs, 2017-09-01 Del 1 al 10 siendo 1 supremamente eficiente y 10 nombrado procrastinador de primera categoría a qué puntaje te darías Eres una persona que comienza cosas pero no las termina Los primeros días de un proyecto los encarás con mucho entusiasmo antes de perder el deseo de vivir y abandonar el proyecto El Principio de Sorites Cómo aprovechar el poder de la perseverancia te provee con el camino y las técnicas para ayudarte a comenzar el proyecto de tu elección y a través de la constante aplicación de pequeñas acciones seguir adelante hasta que estés completado Entonces cuando es tu sueño Te gustará adquirir una nueva habilidad perder peso convertirte en un director de cine mantener tu casa arreglada y limpia O llenas el espacio en blanco El Principio de Sorites está aquí para apoyarte en el proceso y ayudarte a hacerlo lo menos doloroso posible

Cómo pensar en grande Martin Meadows, 2017-05-01 Cómo motivarte más establecer metas más grandes y lograr más al pensar en grande Te has preguntado qué es lo que separa a las personas que piensan en grande de personas que establecen bajas expectativas Qué hace a una persona aceptar estándares bajos y a otra persona para elevar constantemente Por qué una persona se esfuerza por crear una organización internacional que impacta las vidas de millones de personas mientras que otra persona se contenta con trabajar toda su vida como empleado No es que haya nada malo en ser un empleado Por qué una persona se desafía a sí misma a correr maratones entrenar su cuerpo y estar en forma mientras que otra es feliz viviendo un estilo de vida sedentario y poco saludable Qué impulsa a una persona a optimizar cada aspecto de su vida y qué causa que otra persona mantenga el statu quo Podrías pensar Bueno la respuesta es bastante simple una persona es ambiciosa mientras que la otra no lo es Pero cuando es la causa de esto Y lo más importante cómo aprendes a ser más ambicioso y a pensar en grande Es algo con lo que naces y no puedes cambiarlo o es algo que puedes controlar Este tema me parece tan fascinante que decidí averiguar la respuesta para mí y escribir un libro sobre mismo Este libro es el resultado de mi acerca de la gente que piensa en grande y de la ciencia detrás de las ambiciones stas son algunas cosas que aprenderás en este libro Cuáles son las claves que necesitas para inspirarte a pensar en grande y lo más importante alcanzar tus grandes metas Por qué necesitas un por qué y qué tipo de motivadores te pondrán en marcha para el éxito conseguir dinero o estatus son algunos de los objetivos menos motivantes La única cosa más importante de pensar en grande Si no la tienes en tu vida sabotearás tus esfuerzos garantizado Quién es el chimpancé y por qué tienes que aprender a controlarlo para conseguir la motivación y el trabajo en tus grandes metas Podrías estarte haciendo las cosas difíciles sin ser consciente de ello Cómo cultivar el arte de la pereza estratégica para lograr más mientras haces mucho menos que otras personas por qué trabajar tanto si puedes obtener mejores resultados siendo perezoso Los siete factores más importantes desencadenantes del flujo un estado de enfoque perfecto donde la magia sucede El secreto para lograr lo imposible en realidad no es un secreto pero la mayoría de la gente tiende a olvidarse de él y sentirse abrumado por sus metas Escribe este libro para aumentar mi motivación enseñarme a pensar en grande y aprender a elevar mis estándares Espero que la respuesta

que encontr te ayude tanto como me ha ayudado a m T tambi n puedes aprender a encontrar la motivaci n para convertirte en la mejor versi n de ti mismo Compra el libro ahora **Que somos para encontrar quien soy** Tomás Martín

Briz,2020-10-09 La idea idea es un recorrido por nuestra mente y cerebro ya que como se vera al leer el libro las cualidades emergentes que surgen de algo material como es el cerebro y sus redes neurol gicas dando como resultado esos fen menos o cualidades que nos hacen personas no solo son f sicas sino tambi n sociales emocionales seres con alma y esp ritu como son la conciencia memoria toma de decisiones etc Es un camino desde lo f sico hacia lo espiritual La Paradoja Del Chimpance

Steve Peters,2018-11-30 El programa que me ayud a ganar el oro en las Olimpiadas Sir Chris Hoy Steve Peters es la persona m s importante de mi carrera Victoria Pendleton ciclista y campeona ol mpica Por fin en nuestro pa s el programa de control mental que ha ayudado a miles de personas en todo el mundo desde deportistas de lite a directores de empresa a dar lo mejor de s mismos Steve Peters el famoso psiquiatra responsable de los triunfos del ciclismo ingl s en las Olimpiadas de Londres comparte por primera vez las t cnicas que lo han hecho saltar a la fama Recurriendo a la analog a del chimpanc ese ser irracional e impulsivo que comparte espacio en nuestro cerebro con la mente genuinamente humana La paradoja del chimpanc revela al lector los mecanismos por los cuales nos sabotamos a nosotros mismos con un comportamiento destructivo al tiempo que propone una serie de t cnicas de f cil incorporaci n a la vida cotidiana para controlar los impulsos irracionales que nos impiden expresar nuestro m ximo potencial Uno de los libros m s elogiados de la temporada y una herramienta nica para alcanzar la felicidad y el xito en la vida **La paradoja del chimpancé** Steve Peters,2013-09-23 El

programa que me ayud a ganar el oro en las Olimpiadas Sir Chris Hoy Steve Peters es la persona m s importante de mi carrera Victoria Pendleton ciclista y campeona ol mpica Por fin en nuestro pa s el programa de control mental que ha ayudado a miles de personas en todo el mundo desde deportistas de lite a directores de empresa a dar lo mejor de s mismos Steve Peters el famoso psiquiatra responsable de los triunfos del ciclismo ingl s en las Olimpiadas de Londres comparte por primera vez las t cnicas que lo han hecho saltar a la fama Recurriendo a la analog a del chimpanc ese ser irracional e impulsivo que comparte espacio en nuestro cerebro con la mente genuinamente humana La paradoja del chimpanc revela al lector los mecanismos por los cuales nos sabotamos a nosotros mismos con un comportamiento destructivo al tiempo que propone una serie de t cnicas de f cil incorporaci n a la vida cotidiana para controlar los impulsos irracionales que nos impiden expresar nuestro m ximo potencial Uno de los libros m s elogiados de la temporada y una herramienta nica para alcanzar la felicidad y el xito en la vida

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