



Gimnasia cerebral (Spanish Edition)

Ines Guaneme Pinilla

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Para que el ser humano pueda desarrollar el 100 % de su potencial creativo, debe aprender a conocerse a si mismo. Ello implica entrar en un proceso de autoobservacion que nos permita integrar armoniosamente los diferentes aspectos de nuestro ser. La lectura de Gimnasia cerebral nos ayudara a lograr integrar cuerpo y mente en un todo, facilitando asi el proceso de aprendizaje. Los sencillos ejercicios que propone la obra, adaptados de antiguas disciplinas como el yoga, el tai-chi y la acupuntura, y combinados con tecnicas de investigaciones recientes sobre el desarrollo cerebral y motor, permiten descubrir un potencial desconocido e ilimitado. / Mental exercise can sometimes be forgotten. We can do certain activities to actually improve neural growth. Brain Gymnastics help us to synchronize body and mind in order to optimize the functioning of the brain. The exercises of this book have been adapted from disciplines such as yoga, tai-chi, acupuncture, and other techniques.

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