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que no ha bregado con el estrés en la sociedad en la que vivimos la respuesta ante una situación de estrés puede producirse como un mecanismo adaptativo que nos ayuda a ajustarnos a las demandas de un medio fundamentalmente cambiante pero que bajo determinadas circunstancias puede afectar seriamente a la salud a la calidad de vida y al rendimiento profesional a lo largo del libro se describen los sistemas que se ponen en marcha durante la respuesta de estrés y que no solo regulan diferentes funciones en el organismo sino que también pueden tener efectos importantes sobre el cerebro hoy sabemos que el cerebro regula la mayoría de las actividades del organismo nos convierte en lo que somos es el responsable de nuestras emociones de la inteligencia del pensamiento y de capacidades tan humanas como

el lenguaje o la memoria

una novela épica de acción tática y camaradería ambientada en un mundo donde el peligro acecha en cada esquina y solo los más valientes se atreven a enfrentarlo el equipo de élite conocido como secret force reúne a los mejores soldados de los cuerpos militares más prestigiosos del mundo rangers delta force sas speznaz jtf2 sayeret matkal mossad y swat liderados por el comandante jhon louise enfrentan misiones imposibles en los lugares más peligrosos del planeta cuando un grupo de soldados estadounidenses queda atrapado detrás de las líneas enemigas en plena guerra en ucrania secret force es enviado a rescatarlos a medida que la misión avanza descubren una conspiración más grande de lo que jamás imaginaron poniendo a prueba no solo sus habilidades tácticas sino también su lealtad y espíritu de equipo con escenas llenas de adrenalina tácticas militares detalladas y momentos de camaradería y humor entre los miembros del equipo secret force es una obra que no solo explora el heroísmo en el campo de batalla sino también la humanidad detrás de los soldados están listos para la misión más peligrosa de sus vidas descúbrela en secret force donde la acción y el honor se entrelazan en cada página

qué pasa en nuestro cerebro cuando nos enamoramos cómo se almacenan y se evocan nuestros recuerdos qué nos emociona y cómo tomamos las decisiones cada día descubre cómo funciona el cerebro y cómo entiende el mundo que nos rodea este libro versa sobre el cerebro y sus funciones a través de sus páginas nos embarcaremos en la aventura de cómo percibimos el mundo que nos rodea hablaremos de neuroplasticidad conoceremos los mecanismos que nos ayudan a entender cómo y por qué tomamos decisiones todo lo relacionado con dormir y pondremos atención en las funciones que perdemos cuando sobreviene una lesión cerebral dándonos las claves para promover un funcionamiento y un estado cerebral saludable con pautas concretas que podamos aplicar en nuestro día a día para anticiparnos y velar por un funcionamiento óptimo y un buen envejecimiento de este maravilloso órgano atrévete a conocer bien tu cerebro y mejora tu vida en su laboratorio diego redolar estimula cerebros con magnetismo y electricidad y ahora lo consigue con este grandísimo libro pere estupiny bioquímico divulgador y presentador de el cazador de cerebros en tve este libro te dará el superpoder de entender tu cerebro origen y causa de todas tus alegrías y decepciones diego nos ha regalado una brújula para la vida luis quevedo divulgador científico con precisión de neurocientífico y alma de un gran narrador diego redolar nos lleva de la mano a través de este libro al territorio más enigmático que poseemos nuestro propio cerebro un homenaje a la mente humana a su capacidad de adaptarse y de reinventarse frente a la adversidad pero también una oda al espíritu humano y a nuestra infinita capacidad de transformación gemma serradell asensi escritora

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