



La paradoja del chimpancé: 1 (Crecimiento personal) (Spanish Edition)

Steve Peters

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"El programa que me ayudó a ganar el oro en las Olimpiadas."

Sir Chris Hoy

"Steve Peters es la persona más importante de mi carrera."

Victoria Pendleton, ciclista y campeona olímpica

Por fin en nuestro país el programa de control mental que ha ayudado a miles de personas en todo el mundo, desde deportistas de élite a directores de empresa, a dar lo mejor de sí mismos.

Steve Peters, el famoso psiquiatra responsable de los triunfos del ciclismo inglés en las Olimpiadas de Londres, comparte por primera vez las técnicas que lo han hecho saltar a la fama. Recurriendo a la analogía del chimpancé, ese ser irracional e impulsivo que comparte espacio en nuestro cerebro con la mente genuinamente humana, "La paradoja del chimpancé" revela al lector los mecanismos por los cuales nos sabotamos a nosotros mismos con un comportamiento destructivo, al tiempo que propone una serie de técnicas, de fácil incorporación a la vida cotidiana, para controlar los impulsos irracionales que nos impiden expresar nuestro máximo potencial.

Uno de los libros más elogiados de la temporada y una herramienta única para alcanzar la felicidad y el éxito en la vida.

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