



Escucha tu cerebro (Plataforma Actual) (Spanish Edition)

Manuela Martínez Ortíz

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La clave de la neurofelicidad.

Recientes descubrimientos en el campo de la neurociencia han demostrado la neuroplasticidad del cerebro; lo que significa que se trata de un órgano muy moldeable, tanto en su estructura como en su actividad. También se ha comprobado que la felicidad depende de unos circuitos cerebrales diseñados por la evolución para producir este estado de bienestar. El conocimiento sobre qué activa estos circuitos nos permite actuar, de forma voluntaria, en nuestro beneficio.

Tenemos, pues, la posibilidad de modificar nuestro cerebro, solo tenemos que escucharlo y hacer aquello que nos ayuda a sentir bien. Así, todos podemos aprender a ser más felices, más allá de nuestra genética y de nuestra situación personal y social.

A partir de los últimos estudios en neurociencia, neuroplasticidad y epigenética, los autores han logrado elaborar una guía práctica para ser más felices. Escuchar conscientemente lo que nuestro cerebro nos dice es la clave de la neurofelicidad.

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