



No te olvides de tu memoria (INTEGRAL) (Spanish Edition)

Llorenç Guilera

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Las claves para conservar y mejorar la memoria

No solemos preocuparnos de cuidar nuestra memoria hasta que empieza a fallarnos más de la cuenta, puesto que nos inquieta que nuestras primeras lagunas importantes sean el aviso de enfermedades más graves. Sin embargo, además del envejecimiento hay muchas otras causas que pueden provocar el declive de nuestra memoria, todas ellas perfectamente reversibles.

Con numerosos test, juegos y ejercicios pensados para conocer nuestra memoria y su estado y mantener en forma sus distintas variedades, este manual nos ayudará a conservarla y mejorarla, y nos presenta de forma sencilla y rigurosa los últimos conocimientos de la Neuropsicología sobre:

- Cómo se graban los recuerdos, qué se requiere para que dicha grabación sea permanente, y cuáles son las estrategias para mejorar este proceso.
- Qué es necesario para que lo almacenado se mantenga de forma óptima y ordenada en nuestra mente, y cómo podemos evitar que se deteriore.
- Cómo funciona el acceso a todas las informaciones que acumulamos y qué métodos tenemos para evitar que se altere con el tiempo.

Llorenç Guilera

Doctor en Psicología e Ingeniero Industrial. Creó el taller de Inteligencia Eficaz, que se realizó durante dieciséis ediciones en la Universidad Autónoma de Barcelona, y es autor de los libros *Más allá de la inteligencia emocional: las cinco dimensiones de la mente* y *Anatomía de la creatividad*. Colaborador de la revista *Mente Sana*, también publica sus artículos en revistas especializadas donde aporta la visión neurocientífica de la mente humana. Participó en el número especial de National Geographic (Cerebro y emociones), editado por Eduard Punset, con el artículo <>.

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