



## Cerebroflexia (Spanish Edition)

By David Bueno i Torrens

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Para entender la construcción del cerebro y aprender a sacar provecho de ello Toda nuestra vida mental se gestiona en el cerebro, a partir de las conexiones que miles de millones de neuronas establecen entre sí. La neurociencia ha demostrado la extraordinaria plasticidad del cerebro, que permanentemente se construye y se reconstruye. ¿De qué manera lo hace? ¿En qué medida influye nuestro estilo de vida en su maleabilidad? ¿Cómo lo hacen nuestros pensamientos íntimos? ¿Qué le da forma y qué deja huella? ¿Es la biología, la sociedad, la educación, el azar, o es acaso una mezcla de todos estos factores? Y ¿qué provecho podemos obtener de esta información?

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