



Gimnasio Mental: Entrena tu Cerebro. Desarrolla tu Mente. Sé Inteligente (Spanish Edition)

Mayda Ochoa

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Gimnasio Mental es un libro fácil, para entretenerse y divertirse con retos y ejercicios mentales que toda la familia puede disfrutar. Sin embargo, dentro del juego y la diversión, el lector estará aprendiendo nuevas modalidades de pensar y nuevas formas de encontrar soluciones a sus problemas diarios. Cada día innumerables evidencias científicas nos demuestran la importancia del entrenamiento mental, no sólo para mantenerse en forma durante la juventud, pero también para aumentar las probabilidades de mantener un cerebro y una mente ágiles hasta muy entrada la madurez. Igual que el ejercicio físico es imprescindible para mantener una buena salud, la estimulación mental, unido a una buena nutrición, y a una vida socialmente activa, ayuda a fortalecer las reservas cognitivas que nos permiten una existencia más plena. En un artículo aparecido en la revista Psicología Hoy (Psychology Today) de julio 7/2015, Ray Williams , analizando a otros autores, asegura que “Hay una creciente y preocupante tendencia de elitismo anti-intelectual en la cultura americana. Es el despido de la ciencia, las artes y las humanidades y su sustitución por el entretenimiento, el fariseísmo, la ignorancia y la ingenuidad deliberada.” En otras palabras, en general, nos estamos tornando cada día más tontos, no nos interesa aprender cosas nuevas, queremos pensar lo menos posible. Pero si estás leyendo esto, es porque no eres de esas personas. Para ti aprender y mantener tu mente ágil es importante. Por eso no estarás entre los espiritualmente enfermos, económicamente en bancarrota y físicamente quebrantados. ¡Felicidades!

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