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Idriss Aberkane PDF, EPub, Mobi



Lire des ebooks Libérez votre cerveau ! Idriss Aberkane PDF, ePub, mobi, Spécialiste des neurosciences, Idriss Aberkane dévoile sa méthode pour libérer notre cerveau à l'école et au travail.

Il existe des prodiges capables de calculer la racine soixantetreizième d'un nombre à cinq cents chiffres en moins de trois minutes. Ils ont pourtant le même cerveau que nous. Alors, comment font-ils, ceux qui pensent plus vite, qui se concentrent plus longtemps ou bien développent une mémoire phénoménale ? Ils utilisent leur cerveau de façon différente et harmonieuse, selon des principes " neuroergonomiques " : ainsi, de même que l'on pose des poignées sur des valises trop lourdes pour les soulever sans peine, on peut donner des poignées à nos objets mentaux pour les manipuler plus facilement. Dans cet ouvrage ambitieux, foisonnant d'exemples, Idriss Aberkane nous entraîne à la découverte de notre matière grise, nous révélant ses capacités et ses limites, ses points aveugles et ses ressorts inattendus.

Pour penser mieux, éduquer mieux, vivre mieux, pas besoin d'être un génie, il suffit d'utiliser les formidables ressources que la nature a mises sous notre crâne. Nous en sommes tous capables.

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