



Aprender a aprender (Crecimiento personal) (Spanish Edition)

Benedict Carey

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• Una obra útil, amena y reveladora sobre cómo nuestro cerebro absorbe y retiene la información. • Presenta un enfoque novedoso respecto al proceso de aprendizaje y desmonta mitos sobre las condiciones más favorables para el estudio. • El autor, Benedict Carey, es un galardonado periodista que repasa décadas de investigaciones sobre educación para descubrirnos cómo funciona la memoria.

“Aprender a aprender es algo más que un nuevo enfoque del aprendizaje; es una guía para sacar el máximo partido a la vida.” Scientific American

Todos podemos llegar a ser una de esas personas que aprenden casi sin esfuerzo. Este libro nos brinda las herramientas que necesitamos para conseguirlo.

Aplicando los últimos descubrimientos en materia de psicología cognitiva al campo de la pedagogía, el aclamado periodista científico Benedict Carey revela a los lectores todo lo que necesitan saber para absorber y retener la información de forma más inteligente.

A diferencia de lo que siempre nos han dicho, para aprender no hace falta una férrea autodisciplina, ni evitar por completo las distracciones, ni siquiera encerrarse en una zona destinada al estudio. En realidad, el cerebro humano es un órgano complejo y dinámico, cuya capacidad de aprendizaje no depende de las horas invertidas; los estudiantes, nos recuerda Carey, no son autómatas. Sencillas estrategias como alternar materias, cambiar de escenario, distraerse cada cierto tiempo o incluso soñar despiertos son gestos naturales que incrementarán nuestra creatividad y capacidad de retención.

Una guía práctica, divertida y fascinante, que no solo cambiará nuestra forma de enfocar el estudio... sino todas las facetas de nuestra vida.

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