



Tu mente es extraordinaria (Spanish Edition)

Gregory Cajina

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Tu mente es extraordinaria es un viaje tanto al exterior (desde Florencia hasta Alaska, pasando por Zaire y Dublín), como al interior (por los recientes descubrimientos de los mecanismos que gobiernan nuestro cerebro y nuestras decisiones), que desvela treinta y cinco posibles propuestas para alcanzar la excelencia y dejar un legado asombroso a nuestro alrededor.

Extrayendo las claves más relevantes de la neurociencia, la psicología, la antropología, la filosofía y el arte, este es un libro para quien está comprometido con escribir su propio destino en la historia de su vida: la historia de una vida con propósito.

«Un viaje hacia el interior a través del exterior que todos deberíamos hacer en algún momento de nuestra vida.»

Andrea Lages, CEO de Lambent, co-fundadora y directora global de la International Coaching Community (ICC).

«Cajina nos invita a descubrir los principios fundamentales para construir tu propia historia. Sencillamente extraordinario.» María Benjumea, Presidente de Spain Startup.

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