



REC: Por qué recordamos lo que recordamos y olvidamos lo que olvidamos (Spanish Edition)

Fabricio Ballarini

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¿Por qué nos acordamos de qué estábamos haciendo el día que cayeron las Torres Gemelas, pero nos cuesta recordar algo que hicimos hace minutos? Rec te cuenta cómo funciona nuestra memoria, la importancia del factor sorpresa y por qué registramos ciertos recuerdos por sobre otros. Todos podemos educar el cerebro y entrenar la mente con ejercicios y experimentos sin recurrir a un laboratorio neurocientífico para realizarlos, simplemente en casa, en el trabajo, en el aula.

¿Es posible que nuestro cerebro nos engañe y nos imponga recuerdos falsos? ¿Existe alguna forma de asegurar la eficacia del registro de un recuerdo? Fabricio Ballarini demuestra cómo los últimos descubrimientos científicos pueden ayudarnos a mejorar notablemente nuestra memoria. Sus investigaciones sobre los procesos de aprendizaje han obtenido resultados asombrosos y se convirtieron en una valiosa herramienta educativa que, en este libro, explica cómo poner en práctica.

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