

Chade Meng Tan Busca En Tu Interior Pdf

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OMB No. 7966414205037 edited by

ASHER SOSA

Planeación e Integración de los Recursos Humanos, 2a.ed. Editorial Maitri Examines the principles of Shambhala to reveal the inherent goodness of humanity and explain how readers can rediscover inner peace through compatible practices of meditation. *Procura Dentro de Ti* Turner Researchers have found that the accelerated pace of modern office life is taking its toll on productivity, employee engagement, creativity and well-being. Faced with a relentless flood of information and distractions, our brains try to process everything at once increasing our stress, decreasing our effectiveness and negatively impacting our performance. Ironically, we have become too overworked, unfocused, and busy to stop and ask ourselves the most important question: What can we do to break the cycle of being constantly under pressure, always-on, overloaded with information and in environments filled with distractions? Do we need to accept this as the new workplace reality and continue to survive rather than thrive in modern day work environments? Thankfully, the answer is no. In their new book, ONE SECOND AHEAD: Enhance Your Performance at Work with Mindfulness (Palgrave Macmillan; November 2015), Rasmus Hougaard, Jacqueline Carter, and Gillian Coutts demonstrate that it is possible to train the brain to respond differently to today's constant pressures and distraction. All it takes is one second. They propose that we need to learn to work differently so we are more focused, calm and have less clutter in our mind so we can better manage our time and attention. What if we could hit the 'pause' button on our day, step back, and meet challenges with a sense of clarity and purpose? And what if there was a way not just of 'getting things done,' but ensuring that what does get done are the right things to do? Based on a program in corporate mindfulness designed by Hougaard and the partners of The Potential Project, One Second Ahead provides practical tools and techniques as well as real-world examples and lessons from organizations that have implemented mindfulness on a large scale. Thoroughly tested in a diverse range of industries, this program has resulted in measurable increases in productivity, effectiveness, and job satisfaction. With the new mindset proposed in One Second Ahead, readers will be able to put an end to ineffective multitasking, unproductive meetings, poor communication, and other unhealthy workplace behaviors by

applying mindfulness to every day work life. All too often, we think that being mindful requires engaging in a special activity like meditation or yoga. Sure, these activities are beneficial and important to train the mind, but there are many simple things we can do to be mindful all day long. One Second Ahead is a handbook for more mindful work that offers: Practical, easy to apply, tools and techniques to enhance performance and effectiveness in day to day work activities such as meetings, emails, communication, planning, creativity and more Real-world stories of how mindfulness changed the workdays of leaders and front line employees Tips for cultivating mental strategies and routines that can reduce clutter, increase focus, and rewire your brain to enhance presence, patience, kindness and other valuable mind states Simple yet detailed step-by-step instructions for a more systematic approach to mindfulness training to enhance focus and awareness Guidelines for a 10-minute-per-day mindfulness program that can reshape your life both at work and at home; A reproducible planning worksheet and further resources in the Appendix. One Second Ahead can transform daily work life by helping individuals and teams realize more of their potential through greater focus and awareness. The tools and techniques in this book can transform individual and organizational performance one mind at a time.

THE ART OF DISCOVERING THE HAPPINESS WITHIN

Kolima Books Só os melhores do mundo conseguem ser aceites na Google. Chade-Meng Tan, um génio informático, mandou para lá um currículo. Cinco minutos depois foi convidado para uma entrevista. Entrou na empresa com o número 107 e durante oito anos foi um engenheiro exemplar. A certa altura, porém, decidiu que queria mais - queria ajudar os colegas a serem mais felizes. Começou a trabalhar. Reuniu à sua volta alguns dos maiores especialistas mundiais em áreas como a inteligência emocional, a psicologia positiva ou a meditação. Com a ajuda deles, lançou as bases do curso mais popular na história da empresa: Procura Dentro de Ti. A ideia é simples: temos de desenvolver ao máximo a nossa capacidade de atenção. Depois, temos de focar essa atenção em nós próprios e nos outros. Por fim, vamos aprender a desenvolver hábitos mentais que nos acompanharão para sempre. Ao longo desse processo, os "alunos" aplicados terão como recompensa um visível aumento de energia, resistência, criatividade e optimismo. [Faith, Experience, and Social Engagement on the Internet](#) Paidos Argentina

Un prolífico actor se ve en una encrucijada: o busca ayuda profesional para curar su trastorno obsesivo-compulsivo, o se despide de las tablas. Adrián Díaz está aparentemente viviendo un sueño. Está a punto de convertirse en Hamlet sobre los escenarios y va a abandonar la hostelería para dedicarse a tiempo completo a su verdadera vocación, actuar. Lo que casi nadie sabe es que Adrián está "tocado" o, dicho de otro modo, padece trastorno obsesivo-compulsivo. Cuando sufre su última crisis de ansiedad durante un ensayo, el director le da un ultimátum: o busca ayuda profesional de forma inmediata o será reemplazado por un sustituto. Julia Whyler es una psicóloga retirada que se especializó en el trastorno obsesivo-compulsivo. Ahora, sin demasiado entusiasmo y aún lastrada por su traumático pasado, vuelve a la vida pública para presentar su primer libro, Tú tienes la llave. El encuentro entre ambos marcará un antes y un después en sus vidas para siempre. Con la ayuda de Julia, Adrián se enfrentará a sus temores en un extraordinario viaje emocional y tratará de encontrar la llave que le permita salir del laberinto en el que se encuentra. Pero ambos desconocen que solo Adrián posee la llave para que también Julia salga del suyo. *Meditacion para gente de alto rendimiento* Grupo Planeta (GBS) Many facets of social life are now intrinsically linked to the Internet through increasing dependence of user-centric platforms like blogs, social-networking websites, online forums, and open source websites. The Malaysian Church is not exempt from having to negotiate with an increasingly tech-savvy and networked community of believers. Based primarily on Internet ethnography and interviews with Christian bloggers and church pastors, this book looks at how the Internet is a component of “everyday religion” in the lives of Malaysian Christians at individual, institutional, and national levels. It examines the ways in which online Christian expressions are increasingly integrated into the everyday religious routines of Christians for the development of their personal identities and inter-religious interactions. This book also shows how the spiritual authority of church pastors can be both challenged and reinforced through the creative use of online tools. It addresses some of the creative ways in which Christians utilise the Internet to engage with national socio-political issues within the context of restrictive and controlled mainstream media, as well as the ongoing discourse with Islam in the country. Through a selection of case studies, this book shows that while the Internet may be “free”, the users of the Internet are not necessarily so. While the Internet has provided Malaysian Christians with new tools to experience their faith in new ways, several aspects of “old” offline socio-cultural habits persist online. These, in turn, lead

to a robust and growing environment of Internet Christianity in Malaysia. This timely book will be of interest to scholars in religious studies, media and communications, and cultural studies in Southeast Asia.

MINDFULNESS FOR BEGINNERS

Grupo Asís Biomedica S.L.

Search Inside YourselfThe Unexpected Path to Achieving Success, Happiness (and World Peace)HarperOne

TALENTOCRACIA

Center Street

Con un enfoque de psicología humanista y situándose en la frontera entre el ensayo divulgativo y el libro de crecimiento personal, el autor plantea en esta evolución más radical y sistémica de su anterior obra, La Dirección por Valores que, si queremos tener una vida, unas organizaciones y unas sociedades postcapitalistas más sanas y felices, ha llegado el momento de «serenarnos» (cultivar nuestro Ser) y de despertar nuestra consciencia para saber elegir y aplicar nuevos valores de forma inteligente. Siguiendo su modelo de tres ejes (modelo triaxial), no solo necesitamos «serenarnos» para saber elegir y aplicar más valores éticos, como la autenticidad, el agradecimiento o el amor compasivo, sino también más valores pragmáticos, como la simplicidad, la eficiencia o la coherencia de acción, y más valores emocionales generativos (poiéticos), como la alegría, la imaginación o la confianza en nosotros mismos y en los demás. El lema es: «¡SALUD Y VALORES!») «El libro de Salvador García nos aporta una visión profunda sobre la que toda persona vinculada al mundo de la empresa debería recapacitar: la finalidad de la empresa no es ganar dinero, sino contribuir al bien social mediante la satisfacción de necesidades sensatas de los seres humanos, obteniendo una rentabilidad lícita por ello. Imprescindible». Dr. Marcos Eguiguren. Director ejecutivo de Global Alliance for Banking on Values. «Salvador García no ha escrito un libro más; ha construido una caja de herramientas con alma, que te guía y te da vida. Sus páginas no se leen, te llegan y te llenan por dentro». Albert Costa. VUSINESS, International Network for Business and Values Intelligence. «El nuevo libro de Salvador García nos regala, con mucha generosidad, diferentes experiencias de su vida, de su alma; y nos plantea un desafío vital para nuestro pleno desarrollo de valores: “darse cuenta para tener en cuenta”. Las escuelas de negocio deberían recomendar esta Inteligencia de Valores a todos sus alumnos». Ceferi Soler. Exdirector del Departamento de Recursos Humanos de ESADE. «A medida que recorría las páginas de Inteligencia de Valores, la lectura se hacía más intensa, me sentía reflejado en un momento donde como directivo de empresa pensaba que me había convertido en un alma mercenaria que estaba condenada a morir gestionando problemas ficticios o incluso dejar que fueran ellos los que me quitasen la vida. He encontrado en estas páginas una nueva herramienta, un aire nuevo. Gracias por ilusionarme». Javier Rosales. Director general de Grupo Alvic FR Mobiliario SL.

La inteligencia de valores ESIC Editorial

Experimente una mejora en sus esfuerzos para adelgazar, renovación espiritual y una salud óptima Hay una nueva oleada de interés en el ayuno, no obstante, muchas personas no están al tanto de cómo aplicar los muchos tipos de ayuno que existen: ayunos con jugos, ayunos con alimentos crudos, ayunos de "Daniel"-, así como sus diferentes requerimientos y beneficios, La Dama de los Jugos, Cherie Calbom, le ofrece su conocimiento y experiencia nutricional sobre cómo ayunar. Este libro tan completo brinda programas de alimentación, deliciosas recetas y lineamientos estratégicos para ayunar. Usted aprenderá cómo comenzar un ayuno, qué comer y/o beber, durante cuánto tiempo y cómo romperlo. Descubra los miles de beneficios derivados de ayunar en una manera correcta para una vida saludable. This book will help me to understand the different types of fasts, and experience improved weight loss, spiritual renewal, and optimal health. There is a new surge of interest in fasting, yet many people are unaware of how to navigate the many types- juice liquid diet, raw-foods, and Daniel vegan diet, and their various requirements and benefits. The Juice Lady, Cherie Calbom, offers her nutritional expertise on the how-tos of fasting. This comprehensive book provides menus, recipes, and strategic fasting guidelines. Readers will learn how to begin, what to eat and/or drink, how long to fast, and how to break a fast. Ultimately readers will discover the myriad of benefits derived from fasting the right way for a healthy life.

BUSQUE DENTRO DE VOCE

Springer Nature

A history of the successes of the human rights movement and a case for why human rights work Evidence for Hope makes the case that yes, human rights work. Critics may counter that the movement is in serious jeopardy or even a questionable byproduct of Western imperialism. Guantánamo is still open and governments are cracking down on NGOs everywhere. But human rights expert Kathryn Sikkink draws on decades of research and fieldwork to provide a rigorous rebuttal to doubts about human rights laws and institutions. Past and current trends indicate that in the long term, human rights movements have been vastly effective. Exploring the strategies that have led to real humanitarian gains since the middle of the twentieth century, Evidence for Hope looks at how essential advances can be sustained for decades to come.

El poder de la colaboración en la era digital Leya

La tan esperada continuación al best seller del New York Times Busca en tu interior, nos enseña cómo cultivar el gozo dentro del contexto de nuestras vidas agitadas y nos explica por qué clave para nuestra creatividad, innovación, seguridad y en última instancia, el éxito en todos los aspectos. En este libro, Chade-Meng Tan nos muestra que no necesitamos meditar durante días, meses o años para lograr un gozo permanente. De hecho, podemos lograr un acceso constante, en tan solo quince segundos. Explicando el gozo y la meditación como cosas complementarias, que se refuerzan mutuamente de forma natural, Meng explica cómo estas dos habilidades forman entre sí un círculo vicioso, y una vez puestas en marcha se convierten en una práctica sólida que podemos mantener en nuestra vida cotidiana. Durante muchos años, se ha enseñado y practicado la meditación en culturas donde casi todos los meditadores la practican a tiempo completo durante años, lo cual resulta en programas de entrenamiento perfeccionados para los que practican la meditación con una gran cantidad de tiempo libre y sin mucho más que hacer que desarrollar un profundo dominio sobre la mente. Viendo una desconexión entre la práctica tradicional y el mundo moderno, el autor best seller ha desarrollado un programa por medio de una «pereza sabia» con el fin de ayudar a los lectores a meditar con mayor eficiencia y eficacia. Meng nos comparte acerca de los tres pilares del gozo (la paz interior, la comprensión y la felicidad); dice por qué el gozo es el secreto del éxito, y presenta las herramientas prácticas que todos podemos usar para cultivarlo. A long-awaited follow-up to the New York Times bestselling Search Inside Yourself shows us how to cultivate joy within the context of our fast-paced lives and explains why it is critical to creativity, innovation, confidence, and ultimately success in every arena. In Joy on Demand, Chade-Meng Tan shows that you don't need to meditate for hours, days, months or years to achieve lasting joy—you can actually get consistent access to it in as little as fifteen seconds. Explaining joy and meditation as complementary things that naturally reinforce each other, Meng explains how these two skills form a virtuous cycle, and once put into motion, become a solid practice that can be sustained in daily life. For many years, meditation has been taught and practiced in cultures where almost all meditators practice full-time for years, resulting in training programs optimized for practitioners with lots of free time and not much else to do but develop profound mastery over the mind. Seeing a disconnect between the traditional practice and the modern world, the bestselling author and Google's "Jolly Good Fellow" has developed a program, through "wise laziness," to help readers meditate more efficiently and effectively. Meng shares the three pillars of joy (inner peace, insight, and happiness), why joy is the secret is to success, and demonstrates the practical tools anyone can use to cultivate it on demand.

Plataforma

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A *Vida em rede* Grupo Editorial Patria

¿Quieres hacer salir el líder que llevas dentro? En tus manos tienes una guía para entender el mundo mutante que nos circunda y fabricar tu propia fórmula de éxito. El nuevo liderazgo ya no consiste en dar respuestas, como ocurría en la era de la industrialización, sino en saber despertar el mejor talento de cada individuo y retenerlo. La talentocracia es el nuevo paradigma de un liderazgo que permite crear un ambiente en el que las personas pueden realizarse y sentir que pertenecen a algo más grande que cada uno ellos.

TOCADOS

Charisma Media

For the benefits of meditation to become widely accessible to humanity, it cannot just be the domain of bald people in funny robes living in mountains, or small groups of New Age folks in San Francisco. Meditation needs to become "real." It needs to align with the lives and interests of real people. —from Search Inside Yourself Early Google engineer and personal growth pioneer Chade-Meng Tan first designed Search Inside Yourself as a popular course at Google intended to transform the work and lives of the best and brightest behind one of the most innovative, successful, and profitable businesses in the world . . . and now it can do the same for you. Meng has distilled emotional intelligence into a set of practical and proven tools and skills that anyone can learn and develop. Created in collaboration with a Zen master, a CEO, a Stanford University scientist, and Daniel Goleman (the guy who literally wrote the book on emotional intelligence), this program is grounded in science and expressed in a way that even a skeptical, compulsively pragmatic, engineering-oriented brain like Meng's can process. Whether your intention is to reduce stress and increase well-being, heighten focus and creativity, become more optimistic and resilient, build fulfilling relationships, or just be successful, the skills provided by Search Inside Yourself will prove invaluable for you. This is your guide to enhancing productivity and creativity, finding meaning and fulfillment in your work and life, and experiencing profound peace, compassion, and happiness while doing so. Search Inside Yourself reveals how to calm your mind on demand and return it to a natural state of happiness, deepen self-awareness in a way that fosters self-confidence, harness empathy and compassion into outstanding leadership, and build highly productive collaborations based on trust and transparent communication. In other words, Search Inside Yourself shows you how to grow inner joy while succeeding at your work. Meng writes: "Some people buy books that teach them to be liked; others buy books that teach them to be successful. This book teaches you both. You are so lucky."

YOUR FOUNDATION FOR SUCCESSFUL LEADERSHIP

HarperCollins UK

Susan Albers, doctora en psicología presenta un programa de tres pasos innovadores para conquistar el impulso del comer emocional- un enfoque práctico, prescriptivo, proactivo utilizando la inteligencia emocional que te ayudará a bajar de peso, comer saludablemente, con atención plena, y no agregar más kilos. Este libro va más allá de dietas tradicionales para explorar la relación entre las emociones y la alimentación, que revelan cómo, cuando aumentas tu inteligencia emocional, aumenta naturalmente tu capacidad para gestionar con éxito su peso. Al explicar el vínculo entre un alto coeficiente y una buena relación con la comida, la psicóloga clínica doctora Albers te guía a través de las barreras emocionales más comunes a la alimentación saludable y consciente, y ofrece 25 herramientas y técnicas que puede utilizar para adaptar el plan a sus necesidades individuales. Basado en docenas de estudios clínicos que asocian una baja inteligencia emocional con los malos hábitos alimenticios, incluyendo comer después de estar lleno, comer sus cosas favoritas cuando está enojado o aburrido, y comer en exceso alimentos. Este libro ofrece esperanza y ayuda que funciona para cualquier persona, no importa cuántas veces han tratado de manejar el comer emocional en el pasado.

GOOD LEADERS ASK GREAT QUESTIONS

Houghton Mifflin

Lojong is the Tibetan Buddhist practice that involves working with short phrases (called "slogans") as a way of generating bodhichitta, the heart and mind of enlightened compassion. Though the practice is more than a millennium old, it has become popular in the West only in the last twenty years or so—and it has become very popular indeed, because it's a practice that one can fit very well into an ordinary life, and because it works.Through the influence of Pema Chödrön, who was

one of the first American Buddhist teachers to teach it extensively, the practice has moved out of its Buddhist context to affect the lives of non-Buddhists too. It's in this spirit that Norman Fischer offers his commentary on the lojong slogans. He applies Zen wisdom to them, showing how well they fit in that related tradition, but he also sets the slogans in the context of resonant practices throughout the spiritual traditions. He shows lojong to be a wonderful method for everyone, including those who aren't otherwise interested in Buddhism, who don't have the time or inclination to meditate, or who'd just like to morph into the kind of person who's focused rather than scattered, generous rather than stingy, and kind rather than thoughtless.

MEJORA LA PRODUCTIVIDAD, LA CREATIVIDAD Y LA FELICIDAD

Leya

It is widely-believed that China's entrepreneur class has grown and their businesses are succeeding primarily due to their knowledge of the domestic market, quick adaptation to market changes, and their resourcefulness. But innovation? Forget about it. Well, not quite. Drawing on a wealth of on-the-ground stories and thorough research, Chinnovation: How Chinese Innovators Are Changing the World shows how Chinese companies of every stripe have dispelled this myth and overcome the barriers to successful, profitable innovation. How did Neil Shen, co-founder of CTRIP Capital China, see the opportunity for a Chinese travel site? How did Ray Zhang, CEO of Ehi, scale up one of the most innovative hybrid car-rental companies in China? How did Zhang Tao, CEO of Dianping, start a ZAGAT-inspired user-review site for restaurants and establish a continuous process of innovation? Yinglan Tan has spent more than five years learning the secrets of Chinese innovators, a fast-growing subculture playing key roles in China's transformative transition from "Made in China" to "Innovated in China." Learn: What is the path that an innovative Chinese private-owned enterprise take? How blue-chip innovators remix business models successfully in China? What are the capabilities that these innovative companies acquire? How they harness the necessary resources and navigate around legal restrictions? How do they attract, train and retain talent? How do these companies experiment with innovative approaches and also manage the risk of innovation? What are the lessons learnt and how would these entrepreneurial innovators advise others who are embarking on the same journey? China's rapid economic growth has made it a crucial market but multinational corporations are now competing with China's own homegrown businesses. Chinnovation: How Chinese Innovators Are Changing The World uncovers the common threads amongst Chinese entrepreneurs as they reach into a wider world.

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Cómo desconectar y reducir el estrés Jaico Publishing House

Vivimos en la era de la competitividad extrema, por lo que somos muchos los que deseamos saber cómo podemos mejorar nuestro rendimiento de manera eficaz y sin que nuestra salud resulte perjudicada. Las fórmulas que han reportado mayores éxitos a los expertos Steve Magness, entrenador deportivo de élite, y Brad Stulberg, experto en salud y consultor financiero, son tan sorprendentes como fáciles de llevar a la práctica: pasar un rato en compañía de los amigos, alternar periodos de trabajo intenso con etapas de descanso, crear ambientes distendidos, priorizar tareas, minimizar las distracciones o preparar adecuadamente el cuerpo y la mente para hacer frente a los desafíos que nos preocupan. Con inspiradores ejemplos de personalidades destacadas del mundo del deporte, las artes y los negocios, así como los últimos descubrimientos científicos sobre los factores cognitivos y bioquímicos que impulsan y mejoran la productividad, Máximo rendimiento nos revela los métodos más prometedores, éticos y revolucionarios para poder dar lo mejor de nosotros mismos, sea cual sea nuestro campo de interés.

El libro que revolucionará la manera de ver tu trabajo CONECTA

El presente es el único momento real de tu vida. El pasado únicamente existe en tus recuerdos y el futuro en tu imaginación. Si quieres sentir el verdadero amor, experimentar felicidad y recuperar tu paz interior, solo puedes buscar en un lugar, y ese lugar es "aquí y ahora". Este libro nos propone un viaje de aprendizaje claro y práctico a través del arte milenario del mindfulness, sabiamente adaptado a los tiempos vertiginosos que vivimos en la actualidad. Con palabras sencillas y en un lenguaje fácil de entender, el autor nos introduce en las prácticas de la atención plena y nos revela las innumerables trampas del ego en las que solemos caer por no estar atentos. Con la ayuda de meditaciones guiadas paso a paso, ejercicios de mindful yoga, reflexiones y metáforas, cada capítulo nos conduce de forma amable y positiva a nuestros pensamientos, emociones y sensaciones para que aprendamos a manejarlos y a disipar nuestros miedos, frustraciones y ansiedades. No importa si tienes o no experiencia en la meditación: Mindfulness. Recupera tu paz interior te servirá como una guía práctica para bucear en tu mundo interno ayudándote a resolver mejor tus conductas externas. Recuperar tu estado de bienestar es un derecho y es el mejor regalo que puedes hacerte a ti mismo y a los demás. "Durante todo el libro, Silvio, de manera muy respetuosa, nos invita a cambiar nuestra manera de entender la realidad. Nos ofrece otras alternativas basadas en la atención plena que nos pueden ayudar a disfrutar de la vida con mayor plenitud y satisfacción. Trata con verdadera sabiduría cuestiones como el dolor y el sufrimiento y cómo podemos relacionarnos con ambos desde una nueva mirada más abierta, compasiva e integradora." Enrique Simó, del "Prólogo"

Alegria Todo o Dia Springer

A Arte de Descubrir a Felicidade Interior. Imagine que não percebe nada de preparação física e lhe dizem que trabalhar com halteres cria músculo. Se calhar vai achar que é um desperdício de tempo e energia. O mesmo se passa com o treino mental se não sabe como funciona e não pratica, nunca conseguirá resultados. E perderá, assim, uma excelente oportunidade de ser mais feliz. Chade-Meng Tan, ex-vice presidente da Google, aprendeu essa lição aos 21 anos. Já era um programador de sucesso e... sentia-se miserável. Um dia apercebeu-se de que podia ser muito mais feliz se aprendesse a treinar a mente. Anos mais tarde viria a criar o famoso programa de mindfulness da Google (in Procura Dentro de Ti). Neste, Alegria Todo o Dia, o autor propõe usar as técnicas do mindfulness especificamente para gerar a felicidade. Como o bem-estar é o resultado de muitos momentos felizes, temos de aprender a multiplicá-los e não estamos a falar da procura desenfreada do prazer, mas antes de conseguir estar bem mesmo em alturas difíceis. Para isso, o autor foca-se em três competências essenciais. A habilidade para acalmar a mente quando queremos (ferver em pouca água nunca trouxe felicidade); a clarividência (ter uma visão clara em todas as situações) e, por fim, a resiliência emocional, ou seja, a capacidade de resistir à dor e ao sofrimento (porque haverá sempre momentos difíceis). Numa frase, aprender a cultivar a alegria é um dos segredos fundamentais para o sucesso.

CAUSAS NATURALES

HarperOne

Una introducción a la práctica del mindfulness y su aplicación en el día a día, con el objetivo de aprender a desconectar del ruido y la presión exteriores, conectar con uno mismo y controlar su estrés. Beatriz Muñoz, con su extensa experiencia en la formación de mindfulness, introduce una serie de ejercicios que permitirán al lector aplicar estos planteamientos de forma práctica, con propuestas como la meditación de la espinaca, la de la impresora o la de la ducha. Asimismo, plantea soluciones para situaciones en las que nos enfrentamos a emociones difíciles, como el miedo, la tristeza o la rabia, y propone un plan de entrenamiento de ocho semanas en el que, de forma gradual, iremos incorporando los beneficios del mindfulness en nuestra vida cotidiana. En una sociedad en la que el estrés y la sensación de ansiedad se han extendido hasta convertirse en una auténtica epidemia, Mindfulness funciona proporciona una solución práctica a estos problemas que el lector podrá aplicar desde la primera página, y que le proporcionará resultados visibles en su vida diaria.