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# Psicología

PARA

# DUMMIES<sup>®</sup>

## *Aprende a:*

- Identificar cómo funciona el cerebro humano
- Reconocer las principales corrientes de la psicología moderna y sus aportaciones
- Identificar las fases de psicología evolutiva
- Detectar síntomas de posibles patologías

**Adam Cash**

*Psicólogo*



# Title Psicología Para Dummies Spanish Edition

**Adam Cash**



## **Title Psicología Para Dummies Spanish Edition:**

*Psicología Para Dummies* Adam Cash, 2012-01-17 Por qu eres quien eres y te comportas a tu manera Te has preguntado qu son los sentimientos por qu se te ocurren ideas o como almacenas y recuperas los datos de tu memoria El funcionamiento del cerebro humano es una de las mayores maravillas de la naturaleza y ha fascinado a miles de cient ficos y humanistas a lo largo de la historia Este libro recoge las principales aportaciones de todos los campos de la psicología para que te conozcas mejor a ti mismo y a la especie humana y puedas mimar tu salud mental Todos somos raros descubre por qu las personas nos comportamos como lo hacemos y qu hace de cada uno de nosotros un ser nico Freud el div n y el subconsciente seguro que lo has visto en muchas pel culas pero tienes que dejar de lado los prejuicios para llegar al fondo de cada persona Los perros de Pavlov tambi n te explicamos el experimento de los perros el est mulo y la salivaci n y a qu conclusiones lleg el cient fico ruso que lo estudi Mentes criminales qu se le pasa por la cabeza a un psic pata asesino en serie qu funciona tan mal en su cerebro Y los deberes igual que cuidas el cuerpo con h bitos de vida sanos puedes velar por la salud de tu cerebro con ejercicios mentales que te ayudarn a vivir mejor *Psicología para dummies* Adam Cash (Psychologist), 2012 Explores the world of human behavior by offering explanations about how people think feel and learn describes social and abnormal psychology and provides tips for maintaining psychological health

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