

máxima autoestima

Jerry Minchinton

2ª edición

Sirio

Maxima Autoestima

Julio Alfonso Piña López



Maxima Autoestima:

Máxima Performance Nos Estudos Simone Grohs, 2023-04-17 Existe alguma característica que diferencia estudantes disciplinados que alcançam sua melhor performance daqueles que procrastinam e se distanciam de suas metas? Pesquisas americanas chegaram a duas qualidades presentes nas pessoas bem sucedidas: inteligência e força de vontade. Esta última se mostrou a qualidade mais importante para que as pessoas tenham uma vida melhor e mais estável, mais que a inteligência na vida acadêmica e profissional e mais do que a empatia na vida afetiva. A força de vontade também se destacou nesse estudo porque os pesquisadores descobriram que possivelmente aperfeiçoam a enquanto que não existe nenhum estudo conclusivo sobre o aperfeiçoamento da inteligência. Força de vontade sinônimo de autocontrole e habilidade para direcionar suas escolhas com propósito, diminuindo o gap entre intenção e ação. Funciona como um músculo: pode ficar fortalecido se exercitado adequadamente ou enfraquecido se você fizer somente atividades e tarefas que não exijam esforços. O segredo para gerenciar a força de vontade consiste em exercitá-la de maneira inteligente ou seja, em tarefas e com estratégias que irão fortalecê-la, minimizando desperdícios de energias diante das tentações diárias que despertam conflitos internos. De grande valor para quem quer aprender a maximizar sua força de vontade. Esse livro mostra que tudo questão de estratégia. Aprender o funcionamento da força de vontade permite que entendamos melhor as nossas procrastinações. Mais importante de tudo, apresenta ferramentas para lidar com os obstáculos da força de vontade e formas de melhorar a performance nos estudos e na vida.

Máxima autoestima Jerry Minchinton, 2005 Máxima Resiliencia Matthias Schmal-Filius, 2020-11-09 Vivimos en una época de profundos cambios. En consecuencia tenemos el gran reto de adaptarnos rápidamente y encontrar nuevas estrategias para hacer frente a los desafíos. Cuanto más estables nos encontremos internamente, más resistentes y hábiles seremos para enfrentarnos al mundo exterior. Este libro está 100% orientado a la práctica y te muestra cómo convertirte en una persona más energética, resiliente y equilibrada con técnicas de respiración y meditación. Paso a paso, el autor explica cómo superar emociones negativas y estados de cansancio con prácticas que toman tan solo unos minutos y son fácilmente integrables en tu vida cotidiana. Matthias Schmal-Filius, psicólogo coach sistémico y terapeuta corporal, combina fascinantes conocimientos de la neurociencia, la psiconeuroinmunología y la psicología moderna con una multitud de consejos útiles para la práctica diaria. Comienza ahora tu viaje hacia la máxima resiliencia para manejar el estrés de manera efectiva y apoyar tu sistema inmunológico, manteniendo tu fuerza mental y emocional en tiempos de crisis. El libro viene acompañado de una página web que te ofrece una serie de videos y grabaciones de audio para las diferentes prácticas.

Conectando la música y la psicología: avances en neurociencia, salud mental y bienestar comunitario, La Asociación Española de Psicología de la Música y la Interpretación musical AEPMIM es la primera organización a nivel del Estado Español que engloba a profesionales de ambas áreas: la psicología y la música. Entre sus objetivos destacan la difusión del conocimiento de esta área interdisciplinar a través de actividades formativas en los centros de educación formal (conservatorios y universidades) y otras de ámbito no formal.

en actividades científicas periódicas así como el fomento de la investigación en la Psicología de la Música mediante organización de eventos publicaciones y cooperación con otras organizaciones similares en el plano internacional Los intereses de AEPMIM abarcan un amplio abanico de tópicos en investigación e intervención psicológica comprendiendo desde la psicofisiología de la interpretación musical neurociencias de la música o neuropsicología aplicada hasta la psicología cognitiva de la música pedagogía musical orientación psicoeducativa o el impulso de proyectos socio comunitarios empleando la música como herramienta de intervención en la búsqueda del bienestar y la salud mental de las personas Recientemente AEPMIM ha celebrado su II Congreso Internacional de Psicología de la Música y la Interpretación musical II CONPSIMUSIC Sevilla noviembre de 2024 constituyendo un excelente y necesario foro de intercambio de conocimiento y experiencias prácticas entre investigadores músicos docentes neurocientíficos psicólogos y musicoterapeutas evidenciando la versatilidad y multiplicidad de focos de interés que interseccionan los campos de la música y la psicología AEPMIM fiel a su compromiso con la difusión del conocimiento científico relacionado con esta disciplina ha querido recoger las novedades en materia de investigación en Psicología de la Música presentando este libro digital con la finalidad de promover el intercambio de conocimiento científico y académico la divulgación de los hallazgos más punteros de investigadores y científicos así como la integración de resultados de los diferentes enfoques a la práctica musical y educativa La estructura de capítulos del libro responde a una ordenación del contenido en función del contenido temático y el enfoque de cada uno Así todas las aportaciones recogidas después de un riguroso proceso de evaluación a doble ciego se han agrupado en cinco secciones más este prólogo firmado por las editoras del volumen Cabe no obstante apuntar que algunos capítulos podrán ubicarse por contenido en varias secciones debido a la dificultad de establecer compartimentos estancos en algunas investigaciones que traspasan los límites de un ámbito de la psicología de la música tanta es la imbricación que las distintas secciones mantienen entre sí Quede por tanto aclarado que la distribución realizada en secciones responde a un interés exclusivamente de ordenación del material en función de la mayor aproximación del contenido de cada capítulo a una rama o enfoque específico dentro de la Psicología de la Música Creemos que este libro constituye una valiosa aportación de AEPMIM al campo de la Psicología de la Música poniendo en valor los distintos enfoques y temáticas que se pueden abordar desde esta rama de la psicología Todas las aportaciones incorporadas a este texto son inéditas y corresponden a investigaciones y proyectos que se desarrollan actualmente fundamentalmente en España si bien se incluyen contribuciones de otros países en menor número Estamos seguras de que tanto los capítulos con investigaciones empíricas como aquellos que despliegan conocimientos teóricos actualizados y experiencias prácticas pueden contribuir a justificar el título de este libro porque eso es precisamente lo que hemos perseguido poner en conexión la Música y la Psicología dar noticia de los avances en neurociencia y educación musical en aplicaciones de la música en la salud de músicos y de la sociedad en general ofreciendo insights valiosos sobre la naturaleza humana y abriendo nuevas posibilidades para la terapia la educación y el desarrollo personal Hacia una

psicología de la investigación , Alcanza tu Máxima Vitalidad: Un Viaje Hacia Mantenerse Sano y Equilibrado. Julio Alberto Martínez Lagrene, Mantenerse sano y equilibrado es un compromiso con un estilo de vida que abarca todos los aspectos de nuestro bienestar físico mental y emocional Este enfoque integral implica decisiones diarias que nutren nuestra salud en diversos niveles contribuyendo a una vida plena y satisfactoria Mantenerse sano y equilibrado implica una combinación armoniosa de prácticas diarias que promueven la salud física mental y emocional Este enfoque holístico no solo mejora nuestra calidad de vida sino que también nos capacita para enfrentar los desafíos diarios con resiliencia y gratitud construyendo así una base sólida para un futuro saludable y equilibrado

Processos psicossociais e interdisciplinares em saúde Carla Ferreira de Paula Gebara,Iracema Abranches,Luciana Xavier Senra,Lelio Moura Lourenço,2023-05-02 Este livro foi organizado como uma publicação interdisciplinar comemorativa dos 10 anos do Núcleo de Estudos em Violência e Ansiedade social NEVAS A proposta agrupa textos sobre pesquisas em psicologia clínica e saúde mental processos psicossociais da violência e estudos interdisciplinares em saúde contemplando inclusive repercussões da pandemia por Covid 19 A coletânea conta com relatos de pesquisadores de diferentes universidades do país Na elaboração deste trabalho participaram profissionais de instituições nacionais e internacionais numa parceria frutífera que incluiu diversas áreas de atuação Dentre as instituições envolvidas destacam-se Universidade Federal de Juiz de Fora UFJF Universidade Católica de Petrópolis UCP Centro Universitário Academia UniAcademia Universidade de São Paulo USP USP Ribeirão Preto Universidade Federal do Rio de Janeiro UFRJ Universidade Federal de Ouro Preto UFOP Pontifícia Universidade Católica do Rio de Janeiro PUC Rio Centro Universitário Arthur S. Earp Neto UNIFASE Universidade do Minho Portugal e Universidade de Berna Suíça Por meio desses conteúdos e participações esperamos que seja útil para estudantes pesquisadores e profissionais interessados nessas diversas temáticas e suas implicações práticas

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La teoría de la justicia de Immanuel Kant José Luis Colomer Martín-Calero,1995 Los fundamentos de la ética crítica Principios y bien en la filosofía moral de Kant La teoría de la justicia Moral y de derecho La teoría del derecho y su objeto derecho y coacción derecho estricto y obligación jurídica El significado de la figura del contrato social en Kant imperativo del estado civil e idea de voluntad universal Los principios de libertad e igualdad Justicia estado y política Educación ,1993 *Bibliografía española* ,2005-10 **Sentimientos de otoño** Ronai Pires da Rocha,1997 **Revista de psicología general y aplicada**

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