



O cérebro com foco e disciplina (Portuguese Edition)

Renato Alves

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Cansado de se sentir mal porque não fez o que tinha para fazer hoje?

O que você já perdeu hoje por pura falta de disciplina? As chaves de casa, o prazo do relatório, uma consulta ao médico, a dieta para perder aqueles quilos? O preço que pagamos pela falta de foco e disciplina é sempre muito alto e pode ser medido em dinheiro, tempo e oportunidades que vão pela janela.

Vivemos com a mente atulhada de ideias, mensagens, tarefas a cumprir e o caos mental gera grande cansaço. As pessoas no mundo moderno travam uma batalha diária e invisível com a própria mente... e perdem. No final do dia, voltam para casa com o corpo intacto, mas a mente esgotada sem a mínima disposição para estudar, ler, meditar ou refletir.

Renato Alves, especialista em memória e na mente humana, ensina neste livro como descobriu que era possível quebrar esse padrão. Aprenda com exemplos reais as onze metas – que você pode e deve cumprir – como conquistar o controle da sua vida e a chave dos seus sonhos. Entenda como fazer o autocontrole dirigir sua vida e revolucione seu modo de viver. Faça sua mente trabalhar a seu favor!

Aprenda as técnicas para:

- Concentrar-se para ler e escrever
- Blindar-se emocionalmente contra hábitos viciosos
- Ter foco para ser altamente produtivo
- Aliviar a ansiedade
- Ter reação inteligente
- E muito mais

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