



Como Crear Mapas Mentales: El Instrumento clave para desarrollar tus capacidades mentales que cambiara tu vida (How to Mind Map)

Tony Buzan

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El instrumento clave para desarrollar tus capacidades mentales que cambiará tu vida

¿Te gustaría ser más organizado?

¿Te sientes cada día más desbordado y estresado?

¿Tomar decisiones te pone nervioso?

Los Mapas Mentales® consisten en un método de análisis sencillo y revolucionario que permite utilizar al máximo las capacidades de la mente. Gracias a los Mapas Mentales® millones de personas han aprendido a planificar sus vidas y a organizarse mejor. Cómo crear Mapas Mentales® es la guía clave de los Mapas Mentales® , escrita por su creador, Tony Buzan.

Simplificar tu vida con la técnica de los Mapas Mentales® resultará fácil y ameno, y este libro te enseñará a:

- Organizar una presentación y escribir un informe
- Potenciar tu destreza mental para tener ideas brillantes
- Persuadir a las personas y negociar con ellas
- Recordar las cosas
- Planificar tus objetivos personales
- Adquirir control sobre tu vida.

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Mark Shanks:

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