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A publishing sensation in Argentina that has sold over 200,000 copies and topped the bestseller charts for a record-breaking two years, now available in English for the first

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time! The Agile Mind is about the most precious mental talent we have: the ability to imagine things which have never existed and to create new ideas. This book demystifies the preconceptions we often have about how our brains function to show how creativity really works, and how we can make it work even better. We used to think that creativity diminished through the lifespan, but we now know this is not the case. The brain can regenerate and continue learning until the last days of our lives. We can all become more creative if we use the right methods and techniques to stimulate our brains and broaden our minds. Join us on a fun and amazing journey into the deepest reaches of your brain and discover an incredible range of tips and tools to be more creative and happier in all parts of your life.

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Bachrach es Doctor en biología molecular y explica el funcionamiento del cerebro. A través de ello, da consejos y herramientas para ser más creativos y felices en el trabajo y en la vida.

Con *Ágilmente* Estanislao Bachrach puso de moda la neurociencia. Con *En el limbo* -luego de años de investigación- el divulgador científico más lúcido de la década nos presenta una nueva teoría sobre las emociones que barre por completo con los viejos conceptos que aún hoy intentan imponer los ensayos de autores que repiten viejas fórmulas. Este libro te va a acompañar al limbus, al límite, al borde de tu zona de confort. Porque vos podés convertirte en

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la persona que siempre quisiste ser. Sin duda son las emociones las que hacen que vivir valga la pena. Todos atravesamos diversos estados emocionales a lo largo de la vida y muchas veces sentimos que nos dominan. No solo no los podés evitar sino que son fundamentales a la hora de tomar decisiones. Tanto si querés ser un líder o una mejor persona, es clave que conozcas, entiendas y regules tus emociones. Sin embargo, te han enseñado muy poco sobre ellas. Pero aquí la gran noticia: si bien experimentás emociones sin esfuerzo consciente, eso no significa que seas un receptor pasivo de estas experiencias. A pesar de tu historia las podés rediseñar empleando tus pensamientos, modificando el contexto y conociendo cada vez mejor tu cuerpo. Tus emociones te aportan información sobre tu

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bienestar. Son datos, no direcciones. En el limbo es una herramienta esencial de autoconocimiento científico para que aprendas a utilizar tus emociones en beneficio propio. Este libro te enseñará que cualquier habilidad puede ser desarrollada. Es importante que dejes de negar u omitir una emoción y que te preguntes qué es lo que está tratando de decirte. Vos sos el dueño de tus emociones, podés diseñarlas y así diseñar tu propia vida.

In Italy, they call him il Papa, which means “ The Father. ” Until his unprecedented election, author and friend Elisabetta Piqué called him Padre Jorge. He may have changed his name to become Pope Francis, but it did not change their friendship. Since Jorge Mario Bergoglio became

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Pope Francis in 2013, countless books have been written to help the world understand this deeply complex yet simple servant of God. What sets Pope Francis: Life and Revolution apart from all other biographies of Pope Francis is the careful research and original investigation behind it, along with the fact that it is written by an internationally respected journalist—Elisabetta Piqué—who has remained close to the Pope since first meeting him back in 2001. Over 75 individuals were interviewed for Pope Francis: Life and Revolution, including lay people, priests, bishops, and cardinals who have known or worked with Francis at various times in his life. Insights from these people, as well as from friends and family members, allow us to see a profoundly personal side of the Pope. His humility and humanity,

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courage and conviction, and warmth and wisdom are revealed as Piqué shares little-known episodes from Francis ' s life. With a foreword by Cardinal Seán O ' Malley, O.F.M. Cap., Pope Francis: Life and Revolution is the definitive resource and narrative of a man personally known by few and revered and respected by many. Pope Francis: Life and Revolution reveals a man consistent in his beliefs and actions. He is a spiritual leader unwavering in his love for God, whose inner joy and peace move him—and can inspire us—to serve the least, the last, and the lost. Also available in Spanish! El Papa Francisco: vida y revolución

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From a co-founder of Pixar Animation Studios—the Academy Award–winning studio behind *Coco*, *Inside Out*, and *Toy Story*—comes an incisive book about creativity in business and leadership for readers of Daniel Pink, Tom Peters, and Chip and Dan Heath. NEW YORK TIMES BESTSELLER | NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Huffington Post • Financial Times • Success • Inc. • Library Journal Creativity, Inc. is a manual for anyone who strives for originality and the first-ever, all-access trip into the nerve center of Pixar Animation—into the meetings, postmortems, and “Braintrust” sessions where some of the most successful films in history are made. It is, at heart, a

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book about creativity—but it is also, as Pixar co-founder and president Ed Catmull writes, “ an expression of the ideas that I believe make the best in us possible. ” For nearly twenty years, Pixar has dominated the world of animation, producing such beloved films as the Toy Story trilogy, Monsters, Inc., Finding Nemo, The Incredibles, Up, WALL-E, and Inside Out, which have gone on to set box-office records and garner thirty Academy Awards. The joyousness of the storytelling, the inventive plots, the emotional authenticity: In some ways, Pixar movies are an object lesson in what creativity really is. Here, in this book, Catmull reveals the ideals and techniques that have made Pixar so widely admired—and so profitable. As a young man, Ed Catmull had a dream: to make the first computer-animated movie. He

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nurtured that dream as a Ph.D. student at the University of Utah, where many computer science pioneers got their start, and then forged a partnership with George Lucas that led, indirectly, to his co-founding Pixar in 1986. Nine years later, Toy Story was released, changing animation forever. The essential ingredient in that movie ' s success—and in the thirteen movies that followed—was the unique environment that Catmull and his colleagues built at Pixar, based on leadership and management philosophies that protect the creative process and defy convention, such as:

- Give a good idea to a mediocre team, and they will screw it up. But give a mediocre idea to a great team, and they will either fix it or come up with something better.
- If you don ' t strive to uncover what is unseen and understand its nature, you will

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be ill prepared to lead. • It ' s not the manager ' s job to prevent risks. It ' s the manager ' s job to make it safe for others to take them. • The cost of preventing errors is often far greater than the cost of fixing them. • A company ' s communication structure should not mirror its organizational structure. Everybody should be able to talk to anybody.

Este año cambio de trabajo, empiezo el gimnasio, bajo esos kilitos de más, aprendo un idioma nuevo...Cambiar, Ésa es la cuestión. A veces te da tanto miedo no conseguir lo que te propones que ni siquiera lo intentas, Te convences de que eres así, de que ya no puedes cambiar. Pero no eres tú, es tu cerebro. Estas reacciones automáticas son determinadas por

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patrones cerebrales que vas construyendo a lo largo de la vida. EnCambio te permitirá alumbrar los procesos por los cuales piensas, sientes y te comportas de determinada manera, y así dejar atrás aquellos hábitos y conductas que ya no te sirven. A lo largo de este libro encontrarás la forma de conocerte mejor, paso fundamental para lograr un mayor bienestar, y las herramientas para alcanzar tus metas personales y profesionales. El objetivo es que aprendas el potencial que tiene tu cerebro para cambiar, y la capacidad que tienes para modificarlo. Con *ÁgilMente*, Estanislao Bachrach llevó el conocimiento científico del cerebro a la vida cotidiana de miles de lectores, EnCambio lo posiciona definitivamente como el gran divulgador de la biología de nuestro órgano más complejo ypreciado. ENGLISH

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DESCRIPTION This year I will change jobs, start going to the gym, lose those extra pounds, learn a new language... Change, that's the question. Sometimes you're so afraid of not achieving your goals that you do not even start, you convince yourself that you are the way you are, that you can't change. But it's not you, it's your brain. These automatic reactions are determined by brain patterns that you build throughout your life. On the Other Hand will allow you to illuminate the processes by which you think, feel and behave, and thus leave behind those habits and behaviors that no longer serve you. Throughout this book you will find out how to get to know yourself better, a fundamental step to achieving greater well-being, and the tools to attain your personal and professional goals. The purpose is for you to

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learn about your brain's potential for change, and the ability you have to modify it. With Agile Mind, Estanislao Bachrach brought the scientific knowledge of the brain to the daily lives of thousands of readers, On the Other Hand definitely positions him as the great popularizer of the biology of our most complex and precious organ.

New York Times Bestseller How women can make it to the top by adopting the new rules of leadership Women hold just 11 percent of the most senior-level leadership positions in U.S. Corporations—a number that hasn't changed in over 30 years. How can women break through? Break Your Own Rules distills the six faulty assumptions (or "rules") most women follow that get in the way—then delivers the

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correlating new rules that promise to clear that path. For example, the old rule of "Focus on Others" must be replaced by "Take Center Stage," "Hard Work Will Get You There" must yield to "Be Politically Savvy." "Play It Safe" must give way to "Play to Win." "Ask Permission" must be replaced by "Proceed Until Apprehended." Features the results of over 1,700 interviews with executives in Fortune 1000 companies, as well as the authors' new research and ongoing work with over 5,000 professional women Showcases previously-untold stories from high profile women including Ann Moore (CEO, Time Inc.), Susan Ivey (CEO, Reynolds American), Cathy Bessant (Global Executive for Technology and Operations for Bank of America), Lynn Ford (CEO, ING Solutions), and more Reveals what it really takes for any

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woman to succeed at the highest levels Foreword by Sharon Allen, Chairman of Deloitte This hands-on guide is for women who are ready to transform their assumptions and join the senior ranks of American business.

In this "unexpected delight,"* filmmaker David Lynch describes his personal methods of capturing and working with ideas, and the immense creative benefits he has experienced from the practice of meditation. Now in a beautiful paperback edition, David Lynch's *Catching the Big Fish* provides a rare window into the internationally acclaimed filmmaker's methods as an artist, his personal working style, and the immense creative benefits he has experienced from the practice of meditation. *Catching the*

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Big Fish comes as a revelation to the legion of fans who have longed to better understand Lynch's personal vision. And it is equally compelling to those who wonder how they can nurture their own creativity. Catching Ideas Ideas are like fish. If you want to catch little fish, you can stay in the shallow water. But if you want to catch the big fish, you've got to go deeper. Down deep, the fish are more powerful and more pure. They're huge and abstract. And they're very beautiful. I look for a certain kind of fish that is important to me, one that can translate to cinema. But there are all kinds of fish swimming down there. There are fish for business, fish for sports. There are fish for everything. Everything, anything that is a thing, comes up from the deepest level. Modern physics calls that level the Unified Field. The more

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your consciousness-your awareness-is expanded, the deeper you go toward this source, and the bigger the fish you can catch. --from Catching the Big Fish

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