



# ¡Sincronitza la teva vida! (B DE BOOKS) (Catalan Edition)

*Juna Albert*

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Un sastre es va enfadar molt amb el seu client perquè li va dir que no se sentia còmode portant el vestit que li havia fet. El sastre li insistia que l'hi havia fet a mida. Qui de tots dos tenia raó? Acostumem a «dur vestits» que no ens afavoreixen gens, i ens els posem només perquè estem condicionats a fer-ho i perquè hem caigut a les rutines, bloqueigs i paranys mentals que ens imposa la raó, el nostre hemisferi esquerre, tradicionalment, l'hemisferi més venerat a l'Occident. Si vols sentir-te còmode en el «teu» vestit o, millor encara, ser capaç de crear-lo tu mateix, has d'aprendre a sentir les «teves» mides i valorar allò que et suggereixi el teu hemisferi dret, el gran desconegut. La felicitat, el benestar, se senten. No endebades Einstein sabia si les seves intuïcions eren bones quan se les notava al cos. El canvi, la innovació, són possibles quan som capaços de «jugar» amb la realitat i desafiar, mitjançant la imaginació pròpia de l'hemisferi dret, els coneixements adquirits. L'hemisferi dret es desenvolupa explorant, integrant, actuant. En aquest llibre aprendràs com sincronitzar els teus hemisferis per obtenir uns resultats més bons i un grau de satisfacció més elevat. Repta el teu cervell, sincronitza la teva vida, i la teva satisfacció i el teu benestar augmentaran de manera increïble!

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