

empresas. O treino regular destes hábitos vai libertar a sua criatividade pessoal, aumentar o desempenho critativo das equipas de trabalho e, como consequência, tornar a sua organização mais inovadora. Quer pensar em formas mais positivas e criativas de fazer as coisas? Quer surpreender os seus clientes? Só precisa de libertar o seu palhaço interior. Joga? Da estrutura da obra fazem parte, entre outros, os seguintes capítulos: Clone ou Clown?: Disciplinar o Ego; Ser Tolo; Fracassar Melhor; Improvisar; Aproveitar o Acaso; Simplificar; Ouvir a Intuição; Usar Ferramentas de Criatividade; Querer Ser Excelente; Treinar, Treinar, Treinar

"Fitness, money, and wisdom--here are the tools. Over the last two years ... Tim Ferriss has collected the routines and tools of world-class performers around the globe. Now, the distilled notebook of tips and tricks that helped him double his income, flexibility, happiness, and more is available as Tools of Titans"--Page 4 of cover.

If you're facing a dilemma -- whether it's handling a relationship, living ethically, dealing with a career change, or finding meaning in life -- the world's most important thinkers from centuries past will help guide you toward a solution compatible with your individual beliefs. From Kirkegaard's thoughts on coping with death to the I Ching's guidelines on adapting to change, Plato, Not Prozac! makes philosophy accessible and shows you how to use it to solve your everyday problems. Gone is the need for expensive therapists, medication, and lengthy analysis. Clearly organized by common problems to help you tailor Dr. Lou Marinoff's advice to your own needs, this is an intelligent, effective, and persuasive prescription for self-healing therapy that is giving psychotherapy a run for its money. Eliminate Your Financial Fears--And Take Your First Steps to Financial Freedom!

Filosofia para la vida
Una tortuga, una liebre y un mosquito.
Psicología para ir tirando
Destiny's Gate
Paranormality
Last Queen of Egypt

Cetaceans (whales, dolphins, and porpoises) have fascinated and bewildered humans throughout history. Their mammalian affinities have been long recognized, but exactly which group of terrestrial mammals they descend from has, until recently, remained in the dark. Recent decades have produced a flurry of new fossil cetaceans, extending their fossil history to over 50 million years ago. Along with new insights from genetics and developmental studies, these discoveries have helped to clarify the place of cetaceans among mammals, and enriched our understanding of their unique adaptations for feeding, locomotion and sensory systems. Their continuously improving fossil record and successive transformation into highly specialized marine mammals have made cetaceans a textbook case of evolution - as iconic in its own way as the origin of birds from dinosaurs. This book aims to summarize our current understanding of cetacean evolution for the serious student and interested amateur using photographs, drawings, charts and illustrations.

Basándose en los últimos estudios científicos, Nacho nos acerca al mundo de la resiliencia, la empatía, la motivación, la felicidad y el sufrimiento, la importancia de dormir, el amor, la pareja y el flirteo, el mundo del trabajo, la Terapia de Aceptación y Compromiso (ACT), aportándonos herramientas sencillas y eficaces con las que aprender a afrontar con mayor garantía los vaivenes que la mente y la vida nos plantean cada segundo, cada minuto, cada día. A lo largo de la obra nos encontraremos con relatos cortos, ciencia, humor, psicología y algún apunte autobiográfico en el que el autor explica la ansiedad y su hermana mayor la depresión desde su vivencia personal y experiencia profesional.

'People are emotionally drawn to the supernatural. They actively want weird, spooky things to be true . . . Wiseman shows us a higher joy as he deftly skewers the paranormal charlatans, blows away the psychic fog and lets in the clear light of reason.' Richard Dawkins Professor Richard Wiseman is clear about one thing: paranormal phenomena don't exist. But in the same way that the science space travel transforms our everyday lives, so research into telepathy, fortune-telling and out-of-body experiences produces remarkable insights into our brains, behaviour and beliefs. Paranormality embarks on a wild ghost chase into this new science of the supernatural and is packed with activities that allow you to experience the impossible. So throw away your crystals, ditch your lucky charm and cancel your subscription to Reincarnation Weekly. It is time to discover the real secrets of the paranormal. Learn how to control your dreams -- and leave your body behind Convince complete strangers that you know all about them Unleash the power of your unconscious mind

On the 50th anniversary of the Apollo 11 moon landing, renowned psychologist Richard Wiseman reveals the powerful life lessons behind humanity's greatest achievement. The historic moon landings were achieved against remarkable odds and within the space of just a few years. How can we apply the secrets of this astronomical success to our own goals, to achieve the impossible in work and in life? Psychologist Richard Wiseman brings together history, psychology, and self-help in this unique and powerful guide to achieving the impossible in work and in life. The result of intensive research, including interviews with surviving members of the Apollo mission-control team, Moonshot delivers eight key lessons on teamwork, leadership, persistence, creativity, and more, each one a vital part of the mindset for success. Filled with never-before-told stories and fresh insights, Moonshot sheds new light on the science of success--and empowers each of us to achieve the impossible.

The Unheavenly Chorus
What Landing a Man on the Moon Teaches Us About Collaboration, Creativity, and the Mind-set for Success
Moonshot

The Year a Magnificent Chinese Fleet Sailed to Italy and Ignited the Renaissance

The Japanese Secret to a Long and Happy Life

Ikigai

¿Un nuevo corazón para el fútbol?

Poses a controversial argument that China initiated the Renaissance, in a painstakingly researched chronicle that cites the appearance of Chinese ambassadors in early fifteenth-century Tuscany who met with Pope Eugenius IV and shared history-influencing maps and technology. 150,000 first printing.

¿Sabés a qué edad se alcanza el punto máximo de felicidad? ¿Por qué nadie predijo la crisis global? ¿Estás yendo a suficientes fiestas? ¿Aceptarías currículums sin foto, ni datos de edad o sexo? ¿Por qué las letras QWERTY están en la primera línea del teclado? Un recorrido por lo último en materia de economía no convencional.

She was the last ruler of the Macedonian dynasty of Ptolemies who had ruled Egypt for three centuries. Highly educated (she was the only one of the Ptolemies to read and speak ancient Egyptian as well as the court Greek) and very clever (her famous liaisons with Julius Caesar and Mark Antony were as much to do with politics as the heart), she steered her kingdom through impossibly taxing internal problems and railed against greedy Roman imperialism. Stripping away preconceptions as old as her Roman enemies, Joyce Tyldesley uses all her skills as an Egyptologist to give us this magnificent biography.

59 segundosRBA Libros

Escuela del sueño

Cómo pasar de la resignación a la acción

Gospel According to Lazarus

Ferramentas dos Titãs

Applying Eternal Wisdom to Everyday Problems

1434

Arte y ciencia del actor

Do you want to be one of the lucky ones? Luck. We can't see it or touch it, but we can feel it. Luck is a largely unexplored phenomenon, because many believe it to be uncontrollable. But what if luck could be influenced? What if it were possible to harness it to our own advantage? Taking us on a richly anecdotal ride through the popular theories and histories of luck -- from pseudoscience to paganism, through mathematics to magic -- Max Gunther arrives at a precise set of conclusions as to the nature of luck and the possibility of managing it. By drawing out the logical truths hidden in the examples of outrageous fortune he shares throughout this book, Gunther presents readers with 'The Luck Factor' -- the five traits that lucky people have in common. He then shows you how you can use this approach to improve your luck and turn your fortune around. This book is a must-read for anyone who wants to change their luck -- for the better!

When you become a Multiplier, your whole team succeeds! Why do some leaders double their team's effectiveness, while others seem to drain the energy right out of the room? Using insights gained from more than 100 interviews with school leaders, this book pinpoints the five disciplines that define how Multipliers bring out the best across their schools. By practicing these disciplines, you'll learn how to: Attract top teachers to your school Create an intense environment that demands people's best thinking Drive sound decisions by constructing debate and decision-making forums Give your team a sense of ownership for responsibilities and results

We think of sleep as a waste of time. A time when we are literally doing nothing. Yet every human on the planet spends several hours each day asleep. We are not alone. Almost every animal enjoys some form of sleep. The idea that millions of years of evolution resulted in this ability for no reason at all is ludicrous. When we are asleep we are not dormant. In fact, it is the busiest time of the day. For the past sixty years, a small number of scientists have dedicated their lives to studying the sleeping mind. This work has resulted in a series of remarkable techniques that can help people to recognize dangerous levels of sleep deprivation, get a great night's sleep, avoid nightmares, learn in their sleep, take productive power naps, decode dreams, and create a perfect nocturnal fantasy. Until now, these discoveries have been restricted to academic journals and University conferences. Professor Richard Wiseman journeys deep into this dark world and meets the vampire-like scientists who go to work when everyone else is heading for bed. Carrying out his own nocturnal mass participation studies along the way, Wiseman presents the definitive guide to the surprising new science of sleep and dreaming. For years the self-development movement has focused on improving people's waking lives. It is now time for us all to unlock that missing third of our days.

Para realizar un cambio efectivo y duradero en tu vida, no hace falta invertir mucho tiempo. De hecho, puede hacerse en menos de un minuto. Gracias a sus investigaciones científicas, el psicólogo más innovador de la actualidad te proporciona las pautas para cambiar cualquier aspecto personal con el que no estés satisfecho: desde tu situación laboral hasta tu relación sentimental, pasando por tu entorno familiar o por problemas de estrés o autoestima. Solo necesitas 59 segundos o menos.

Ley de la atracción

Plato, Not Prozac!

Made to Stick

Ensoñaciones, realidades y virguerías del fútbol

Laughter

Me mudo de sistema

The Tactics, Routines, and Habits of Billionaires, Icons, and World-class Performers

In a recent series of ground-breaking psychological experiments, volunteers were shown a 30-second film of some people playing basketball and told to count the number of passes made with the ball. After just a few seconds, a man dressed as a gorilla slowly walked into frame, beat his chest at the camera, and sauntered off. Unbelievably, almost none of the people watching the film noticed the gorilla. Exactly the same psychological mechanisms that cause people to miss the gorilla also make them miss unexpected but vitally important opportunities in their professional and personal lives. This book outlines the scientific evidence and thinking behind this remarkable new phenomenon, and shows you how you can spot gorillas in your life - and what to do when you see one.

"The Unheavenly Chorus is classic Schlozman, Verba, and Brady: a timely, deeply researched examination of participatory inequalities in American civic life. Ranging broadly from interest groups to voting to protests and social movements, the authors use their combined decades of research and reflection to paint a powerful and revealing picture of the landscape of citizen involvement in politics--and the stark tilt of that landscape toward those at the top of the economic ladder. Essential reading."--Jacob S. Hacker, coauthor of Winner-Take-All Politics: How Washington Made the Rich Richer--and Turned Its Back on the Middle Class "The Unheavenly Chorus is the definitive study of participatory inequality in America. Marshaling prodigious evidence, the authors show how money not only buys influence directly but also affects associations that are supposed to be democratic antidotes to concentrated wealth. A monumental achievement of careful scholarship, this book offers real knowledge of how politics actually operates."--Robert Kuttner, coeditor, The American Prospect "Here, finally, is the analysis we've been waiting for. With extraordinary rigor and utmost care, three of the nation's most eminent political scientists show beyond a doubt how participation in American politics is inextricably linked to income and education. The most affluent and best-educated citizens are consistently overrepresented, which threatens the core democratic principle of equal responsiveness to all. This is a masterful work, certain to be a classic."--Robert Reich, University of California, Berkeley "This book is one of a kind. It represents a major statement about the current state of American democracy, political participation, social class, and social inequality. The Unheavenly Chorus gives overwhelming evidence that something is wrong with our political system and needs to be fixed. I believe this is one of the most important books of the decade."--Frank R. Baumgartner, coauthor of Agendas and Instability in American Politics "What the authors have done here is to write a book about both majoritarian and pluralist democracy--and the shortcomings of each. They forcefully convey that our democracy is ill and that the statistics they've assembled are not abstractions but represent inequality of opportunity in everyday life. In its own dignified and scholarly way, The Unheavenly Chorus voices outrage."--Jeffrey M. Berry, coeditor of The Oxford Handbook of American Political Parties and Interest Groups "The Unheavenly Chorus is a tour de force. It attacks a timely yet timeless set of issues that are critical to understanding the extent of--and possibilities for--democratic governance and political equality. Instead of a heavenly chorus, the authors find a cacophony of deep, enduring, and cumulative inequalities of political voice."--Dara Z. Strolowitch, author of Affirmative Advocacy: Race, Class, and Gender in Interest Group Politics The best-selling author of 59 Seconds challenges popular self-help approaches while counseling readers to take specific actions to improve outlook and circumstances, drawing on scientific findings to demonstrate how simple physical activities, from smiling to walking briskly, can alleviate common challenges.

For over twenty years, psychologist Richard Wiseman has examined the quirky science of everyday life. In Quirkology, he navigates the oddities of human behavior, explaining the tell-tale signs that give away a liar, the secret science behind speed-dating and personal ads, and what a person's sense of humor reveals about the innermost workings of his or her mind—all along paying tribute to others who have carried out similarly weird and wonderful work. Wiseman's research has involved secretly observing people as they go about their daily business, conducting unusual experiments in art exhibitions and music concerts, and even staging fake séances in allegedly haunted buildings. With thousands of research subjects from all over the world, including enamored couples, unwitting pedestrians, and guileless dinner guests, Wiseman presents a fun, clever, and unexpected picture of the human mind.

As estrat é gias, h á bits e rotinas de bilion á rios, celebridades e atletas de elite

De Clone a Clown

Cleopatra

Did You Spot The Gorilla?

C ó mo usar las vibraciones para manifestar riqueza y m á s (2 en 1)

Futbolandia

Why Some People Are Luckier Than Others and How You Can Become One of Them

INTERNATIONAL BESTSELLER • 1.5 MILLION+ COPIES SOLD WORLDWIDE
“Workers looking for more fulfilling positions should start by identifying their ikigai.”
–Business Insider
“One of the unintended–yet positive–consequences of the [pandemic] is that it is forcing people to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal ikigai, and live your best life.”
–Forbes
Find your ikigai (pronounced ee–key–guy) to live longer and bring more meaning and joy to all your days. “Only staying active will make you want to live a hundred years.”
–Japanese proverb
According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world’s longest–living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—where what you love, what you’re good at, what you can get paid for, and what the world needs all overlap—means that each day is infused with meaning. It’s the reason we get up in the morning. It’s also the reason many Japanese never really retire (in fact there’s no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they’ve found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year–olds—one of the world’s Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best–kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn’t want to find happiness in every day?

Rip up this book and unleash your hidden potential
Most self–help books encourage you to think differently; to think yourself thin, imagine a richer self or to visualize the perfect you. This is difficult, time consuming and often doesnâe(tm)t work. Drawing on a dazzling array of scientific evidence, psychologist Richard Wiseman presents a radical new insight that turns conventional self–help on its head: simple physical actions represent the quickest, easiest and most powerful way to instantly change how you think and feel. So don't just think about changing your life. Do it.

**Discover the simple idea that changes everything*
**Lose weight*
** Stop smoking*
** Feel instantly younger*

The Radically New Approach to Changing Your Life