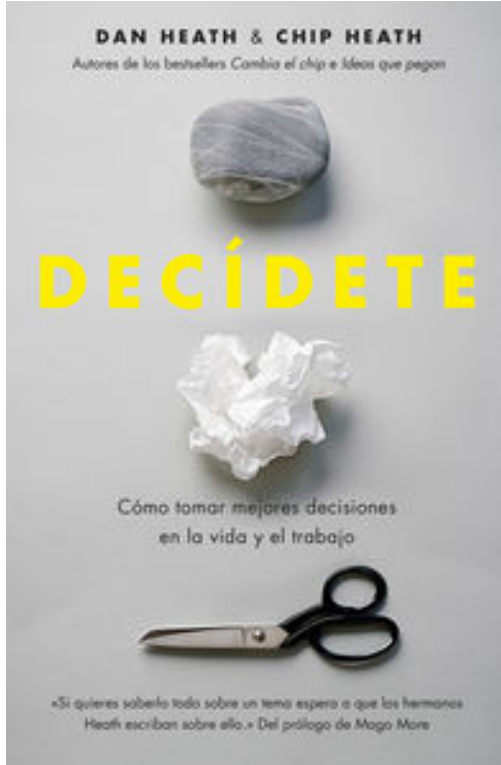


# Download Decídete Romantic And Loving Novel Chip Heath & Dan Heath Lire Livres PDF



**Download or Read Online Decídete Chip Heath & Dan Heath Free eBook PDF/ePub/Mobi/Mp3/Txt, Decisiones, decisiones, decisiones.** Nos enfrentamos a cientos de ellas todos los días, incluso miles. Pero ¿cómo podemos saber si estamos tomando las correctas? En *Decídete*, Chip y Dan Heath abordan uno de los temas cruciales de nuestras vidas laborales y personales: cómo tomar mejores decisiones. Y es que la decisión correcta, en el momento oportuno, puede cambiarlo todo.

La investigación psicológica ha revelado que nuestras decisiones se distorsionan por sesgos e irracionalidades: tenemos una confianza desmedida en nosotros mismos y buscamos información que nos respalde y restamos importancia a la que no lo hace. Las emociones a corto plazo nos distraen. Cuando elegimos, nuestros cerebros son nuestro peor enemigo. Lamentablemente, limitarse a ser consciente de estos defectos no soluciona el problema, de igual modo que saber que somos miopes no nos ayuda a ver. La verdadera pregunta es: ¿cómo podemos hacerlo mejor? ¿Cómo podemos

tomar mejores decisiones más inteligentes?

En *Decídete*, los hermanos Heath, basándose en la literatura científica sobre la toma de decisiones, presentan un proceso de cuatro pasos para contrarrestar estos sesgos. Escrito en un estilo cautivador e irresistiblemente ameno, *Decídete* lleva al lector a un viaje inolvidable a través de historias y anécdotas reales de personajes populares para ayudarnos a tomar mejores decisiones en nuestra vida tanto personal como profesional.

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