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JEAN-PHILIPPE LACHAUX

LE CERVEAU FUNAMBULE

COMPRENDRE ET APPRIVOISER
SON ATTENTION
GRÂCE AUX NEUROSCIENCES



Download or Read Online Le Cerveau funambule Jean-Philippe Lachaux Free eBook PDF/ePub/Mobi/Mp3/Txt, Le cerveau sélectionne à chaque instant les informations qui lui paraissent les plus importantes grâce à ce que l'on appelle l'« attention ». Mais dans notre monde hyperconnecté, les données qui lui parviennent sont de plus en plus nombreuses. Comment utiliser notre cerveau au mieux pour ne pas se laisser distraire et concentrer notre énergie sur ce qui est le plus important ? Comment être plus attentif au quotidien ?

En partant des problèmes d'attention qui nous compliquent constamment la vie, Jean-Philippe Lachaux décrypte notre fonctionnement cérébral pour nous apprendre à restabiliser rapidement notre attention à chaque distraction, comme un funambule sur un fil. D'exemples concrets en exercices pratiques, il nous apprend ainsi à développer notre sens de l'équilibre attentionnel pour mieux nous concentrer, quelle que soit notre activité.

Ancien élève de l'École polytechnique, Jean-Philippe Lachaux est directeur de recherches en neurosciences cognitives au sein de l'unité Inserm « Dynamique cérébrale et cognition », à Lyon. Il est l'auteur du Cerveau attentif. Contrôle, maîtrise et lâcher-prise, qui a rencontré un grand succès.

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