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*Rosa Casafont*

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# Viaje a tu cerebro (Spanish Edition)

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## **Viaje a tu cerebro (Spanish Edition)** Rosa Casafont

Hace unos años cambié mi orientación profesional, hasta entonces centrada en la práctica médica asistencial, y dediqué tiempo y esfuerzo a mi formación en el campo de las Neurociencias y de la Neurobiología del comportamiento. Desde entonces, y a medida que mi formación como médico se ha ido complementando con esta disciplina, he reflejado, en un método práctico y de fácil comprensión, un conocimiento para poner a disposición de los profesionales, pacientes y, ahora, lectores que crean tanto como yo en nuestra gran capacidad de cambio y aprendizaje, dirigida a obtener una mejor calidad de vida.

El Método Thabit pretende utilizar nuestra capacidad plástica cerebral y orientarla hacia un cambio cognitivo, emocional y de comportamiento más saludable, razón por la cual es fundamental empezar por conocernos. Conocernos desde un punto de vista anatómico-estructural y neurobiológico, conocer nuestro estilo de pensamiento y nuestro estilo de afrontamiento emocional.'

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