



Coaching TDAH: Coaching para Jóvenes y Adultos con Déficit de Atención con o sin Hiperactividad (Spanish Edition)

Jorge Orrego Bravo

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El Coaching es una disciplina que ayuda a las personas a definir y alcanzar sus metas. El déficit de atención con o sin hiperactividad (TDAH) es una condición que se manifiesta con dificultades en el mantenimiento de la atención y, por otra, con síntomas de hiperactividad e impulsividad. Con esta obra contarás con el primer manual de autoayuda del TDAH en Jóvenes y Adultos en castellano, escrito desde el coaching y el modelo cognitivo conductual. – Conocerás una estrategia para cambiar tu neuro-química cerebral sin utilizar fármacos. – Aprenderás a reflexionar, evaluar y equilibrar los roles de tu vida. – Identificarás las características negativas y positivas del TDAH. – Transformarás los problemas en objetivos. – Aprenderás paso a paso a controlar el TDAH con una cuidada curva de dificultad, en que cada paso integra y va más allá del anterior. Escrito como un manual de auto-ayuda, también será de crucial utilidad para psicólogos, terapeutas y coaches.

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