



Brainstorming (PSICOLOGÍA) (Spanish Edition)

Eric Maisel, Ann Maisel

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Es verdad: es algo lamentable desperdiciar la mente. A pesar de ello, eso es lo que hacemos cuando desperdiciamos el fin de semana (y nuestras neuronas) reviviendo una pelea en el trabajo; pasamos el tiempo, durante una visita a la familia, dándole vueltas a asuntos que sucedieron en nuestra niñez; o dedicamos horas a torturarnos cuando alguien hace realidad una de nuestras antiguas ideas (pero en la que nunca trabajamos). Este tipo de obsesiones nos lleva al mismo sitio al que se dirige un hámster en una rueda: a ninguna parte, pero tal y como afirma **Eric Maisel**, obsesionarse productivamente da lugar a la realización, y no a la frustración. Una obsesión productiva, ya se trate de una idea para una novela, un negocio o una vacuna, se escoge deliberadamente y se va en pos de ella con determinación.

En esta guía seductora y práctica, **Eric Maisel** y su esposa **Ann Maisel** nos muestran cómo utilizar la tendencia a obsesionarse en beneficio creativo, satisfaciendo así tanto el compromiso propio como el que se tiene hacia los demás.

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