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3 days ago la guía propone estrategias prácticas desde la gestión de dispositivos digitales hasta la incorporación de hábitos y rutinas nocturnas con el objetivo de mejorar la atención y preservar la

jul 26 2024 cómo mejorar la concentración 25 estrategias para entrenar la atención concentración y memoria juegos técnicas ejercicios y alimentos para mejorar la falta de concentración

may 27 2016 con el fin de aclarar los aspectos y circunstancias que nos permiten potenciar la focalización en el artículo de hoy hemos recopilado nueve estrategias y técnicas que pueden

jun 24 2025 este artículo analiza siete métodos científicamente probados que pueden ayudarte a mejorar tu concentración exploraremos los mecanismos cerebrales subyacentes analizaremos los

4 days ago recientes investigaciones y recomendaciones médicas ponen en evidencia que la concentración y la salud cerebral son habilidades que se pueden potenciar con prácticas sencillas y

mar 30 2025 afortunadamente la neurociencia ha identificado una serie de hábitos que pueden fortalecer nuestra capacidad de concentración incluye hábitos de vida y estrategias para que tengas

adoptar ciertas prácticas puede fortalecer tu memoria y ayudarte a rendir mejor tanto en el trabajo como en la vida cotidiana aquí te compartimos cinco estrategias útiles 1 establece tiempos

10 técnicas para mejorar tu memoria y concentración en un mundo donde la sobrecarga de información es constante mejorar la memoria y la concentración se ha convertido en una necesidad

cómo fortalecer la concentración a largo plazo adoptar hábitos saludables y ejercitar la mente son maneras eficaces de fortalecer nuestra capacidad cognitiva con el tiempo

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