



Una cosa a la vez (singletasking) (Gestión del conocimiento) (Spanish Edition)

Devora Zack

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Todos sabemos que no podemos estar en dos lugares al mismo tiempo, sin embargo muchos creen que nuestra mente sí puede hacer dos cosas al mismo tiempo y a eso lo llaman Multitasking. Lamentablemente esta idea es falsa, nuestra mente sólo puede hacer una cosa a la vez y lo único que se consigue intentado hacer varias cosas a la vez es hacer mal todas ellas. Todos tenemos vidas muy agitadas con infinidad de cosas por hacer, pero eso no quiere decir que podamos hacerlas todas juntas. Por eso la autora sugiere el singletasking, es decir ordenar las actividades que tenemos que hacer de forma tal que se pueda hacer una a la vez lo más eficientemente posible y recuperando el control de la situación. A través de información sobre neurociencia y consejos sencillos, la autora nos ayudará a separar la paja del trigo, enfocarnos en una actividad a la vez y ser mucho más eficientes.

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