



Automotivación (Deportes nº 70) (Spanish Edition)

Josep Roca

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La motivación por competir es condición sine qua non para el entrenamiento deportivo y para cualquier actividad que queramos realizar.

La sociedad motiva y lo hace de una manera definitiva. Tomar conciencia de ello es fundamental para la comprensión de la motivación y observar todas las maneras concretas de cómo se determina nuestra conducta, especialmente centrándose en las técnicas de persuasión y auto persuasión en juego, es decir, observando cómo se induce a alguien a creer o hacer alguna cosa.

En este libro se desarrollan los conceptos básicos y se estudian los mecanismos que nos permiten comprender cómo se desarrolla la automotivación, actividad consciente que lleva a cabo un sujeto reflexivo que procura ser el agente de su conducta.

El Dr. Josep Roca es especialista en las aplicaciones de la psicología a la educación física y al entrenamiento deportivo. Se desempeña como profesor de "Psicología de la actividad física y el deporte" en la sede de Barcelona del Instituto Nacional de Educación Física de Cataluña. Su interés profesional se ha centrado en canalizar los contenidos básicos de la psicología hacia una mejora del rendimiento humano en el deporte, así como en otros ámbitos de aplicación como son el de la enseñanza o el laboral.



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