



Whole Brain Training For Social Intelligent (Indonesian Edition)

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Synopsis: Do you know that a survey reveals that 8 from 10 Indonesian people have depression? You might think that survey result is nothing but numbers, yet it's good to be aware. Individualistic and self-centered urban life makes a lot of people feel lonely though they are in the crowd. It's easier for lonely people to fall sick. One way to overcome loneliness is by improving social intelligence so that we have a better ability to socialize and interact with other people and to not think in black and white. You can fight depression by maximizing your left and right brain. We have to be more aware of our mental state before it's too late. The book discusses in depth on how to think in a more flexible, optimistic in order to maintain emotional engagement and mind-body health. With various tricks that explains how we can solve our problems by stimulating a certain area in our brain, namely executive and social zone of the brain by applying whole brain training in our daily life. You can start reading the book from beginning, middle or end. In the end, it will make you a socially intelligent person. (<http://www.gramediainternational.com/book/detail/9789792771886>)



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