

=> Vivir con Vitalidad (IV) Envejecer con los demás

Rocío Fernández-Ballesteros (dir.)



PIRÁMIDE

Envejecer Con Los Demas Vivir Con Vitalidad 4

Francisco Contreras



Envejecer Con Los Demas Vivir Con Vitalidad 4:

Críticas ,2003 *Psicología positiva aplicada* Carmelo Vázquez Valverde,2013-12-02 La denominada Psicología Positiva ha irrumpido con fuerza en el panorama científico y la práctica psicológica Su pujanza se debe no sólo a la incuestionable reputación científica de muchos de los miembros fundadores de este movimiento sino sobre todo a la existencia dentro de la Psicología de una fuerte necesidad de corregir un rumbo quizá demasiado escorado hacia el déficit y la disfunción La Psicología Positiva es un movimiento que recoge sólidas tradiciones conceptuales y de investigación en Psicología pero a la vez las ha ampliado incorporando nuevos temas a la agenda de la investigación y la aplicación de sus principios Los hallazgos de estos últimos años han comenzado a integrarse en la práctica psicológica dando lugar a numerosas intervenciones Como descubrir el lector al asomarse a este libro pionero en castellano el hecho de adoptar una perspectiva positiva complementaria a otras más tradicionales y bien asentadas dentro de la Psicología puede ser muy fructífero y abrir nuevas fronteras en campos tan diferentes como la psicoterapia la educación o la gestión de recursos humanos Cualquier psicólogo sea cual sea su perspectiva de partida verá enriquecida su práctica tras comenzar a aplicar algunas de las estrategias que los diferentes autores sugieren a lo largo de estas páginas Carmelo Vázquez es Catedrático de Psicopatología de la Universidad Complutense de Madrid Es miembro fundador y del Consejo de Dirección de la International Positive Psychology Association IPPA y representante nacional de la European Network for Positive Psychology ENPP Responsable del proyecto en español de www.authentichappiness.org Gonzalo Hervás es profesor de la Universidad Complutense de Madrid Compagina la práctica clínica con la investigación y la docencia Cofundador del Instituto de Promoción e Investigación del Bienestar y las Fortalezas Humanas ver www.psicologiapositiva.org Ha colaborado con Martin Seligman en el Positive Psychology Center de la Universidad de Pennsylvania Sus trabajos de investigación sobre el bienestar han sido premiados en el congreso anual de Psicología Positiva de 2007 en Washington Bibliografía española ,2003-02 Envejecer con los demás Rocío Fernández-Ballesteros,2002 Vivir y envejecer es una tarea compleja difícil e incluso a veces arriesgada pero no cabe duda de que también es apasionante Existen diversas formas de envejecer normal patológico y con éxito La cuestión clave es cómo prevenir el envejecimiento patológico y promover el envejecimiento con éxito competente activo y satisfactorio La diversidad en las formas de envejecer no se produce al azar sino que se pueden hacer muchas cosas para envejecer bien con vitalidad Se puede aprender a envejecer satisfactoriamente Este cuarto volumen de la colección Vivir con Vitalidad Envejecer con los demás versa sobre una de las condiciones que más influyen en el bienestar a lo largo de la vida las relaciones familiares y sociales ya que constituyen una fuente de reconocimiento y participación En Cómo mejorar nuestras relaciones se enseña a optimizar los contactos sociales familia o amigos En Los demás me necesitan se destaca lo importante que es la participación y contribución de las personas mayores dentro de la familia de los grupos y de la comunidad La sexualidad forma parte del ser humano en La sexualidad más allá de la genitalidad se presentan las claves de la sexualidad en la vejez proponiendo

ejercicios que sin duda ayudan a incrementar el bienestar en esa etapa de nuestra vida En Ocio y tiempo libre se habla de la importancia de tener diferentes intereses ocupacionales que enriquecen la vida diaria Finalmente en Inform tica una nueva forma de comunicaci n se tratan las nuevas tecnolog as como fuente de conocimiento y enriquecimiento personal y social

Luzca más joven, viva más / Look Younger, Live Longer Francisco Contreras, 2017-07-04 Reverta el envejecimiento y viva una vida vibrante Es usted una persona nacida durante la explosi n demogr fica que enfrenta los hechos dif ciles del envejecimiento en su propia vida O es alguien joven y est decidido permanecer as durante el mayor tiempo posible G nesis 6 3 se ala que Dios estableci la duraci n de la vida humana en ciento veinte a os La investigaci n cient fica avanzada ha descubierto muchos de los secretos del envejecimiento demostrando qu el l mite b blico en cuanto a la edad es correcto El Dr Francisco Contreras ofrece investigaciones probadas que mejorar n su salud y tal vez revertir n cualquier enfermedad o dolencia de una vez por todas Seg n el Dr Contreras usted tiene ahora el poder adecuado para aumentar significativamente la duraci n de su vida sentirse mejor y lucir m s joven a trav s de estudios comprobados en temas tales como Envejecimiento Dieta y p rdida de peso Estilo de vida Intervenci n m dica Actitud Espiritualidad Nutrici n Are you a baby boomer facing the hard facts of aging in your own life Or are you young and determined to stay that way for as long as possible Genesis 6 3 suggests that God set the human life span at one hundred twenty years Breakthrough scientific research has unlocked many of the secrets of aging proving the biblical age limitation to be correct Dr Francisco Contreras offers proven research that will improve your health and perhaps reverse any illness or disease once and for all According to Dr Contreras you have the power right now to greatly increase your life span and to feel better and look younger **Vida plena en la vejez** Nélica

Asili, 2007-06 Este libro hace un recorrido cuidadoso por las principales disciplinas que agrupa la gerontolog a como la medicina la demograf a la psicolog a la filosof a la biolog a y otras para que estos conocimientos lleguen al p blico interesado en el proceso de envejecimiento Silver economy Juan Carlos Alcaide, 2020 La mayor a de los pa ses est n madurando a una gran velocidad y el envejecimiento de la poblaci n junto con la mejora en la esperanza y la calidad de vida ha propiciado la aparici n de un rentable nuevo mercado los mayores de 65 a os Son personas que cada vez est n m s alejadas de los estereotipos que ten amos hasta ahora son activas digitales gozan de buena salud y de una libertad financiera mayor Este escenario demogr fico ha abierto un campo de oportunidades para el mundo empresarial la econom a de las personas mayores o silver economy El autor Juan Carlos Alcaide presenta estas nuevas oportunidades de negocio y las ventanas que se abren en el contexto del envejecimiento poblacional con enfoques que van desde el marketing hasta el envejecimiento activo y la salud desde el turismo y el ocio hasta la biogerontolog a y las terapias anti envejecimiento los hogares y las residencias la tecnolog a o los servicios financieros productos ageing friendly servicios de ayuda a domicilio plataformas de ocio reformas del hogar nuevos modelos de movilidad tecnolog a adaptada viviendas tur sticas ayuda psicol gica envases de apertura f cil etc Silver economy Mayores de 65 el nuevo target te anima a poner el foco en este segmento de crecimiento que es el pilar

de la economía del futuro y que precisa y precisar de productos y servicios silverizados **El Centurión** Adolphe Basile Routhier,1913 *Manual práctico de enfermería comunitaria* José Ramón Martínez Riera,Rafael del Pino Casado,2020-11-15 Libro de consulta r pido til y sint tico de los principales temas relacionados con la pr ctica de la enfermer a comunitaria en el mbito de la atenci n primaria salud p blica y atenci n sociosanitaria La ordenaci n alfab tica del contenido con un total de 122 entradas facilita extraordinariamente la localizaci n de los temas y la rapidez de las consultas Todos los cap tulos que forman la obra se presentan de una manera clara y f cil de manejar con la exposici n de conocimientos y aspectos pr cticos fundamentales para el trabajo de los enfermeros comunitarios Todos los autores son docentes y profesionales El t tulo cuenta con el aval de la Asociaci n de Enfermer a Comunitaria Manual pr ctico de enfermer a comunitaria 2 a edici n es una obra de consulta r pida til y sint tica sobre los principales temas relacionados con la pr ctica de la enfermer a comunitaria Por su carcter pedag gico y genuino permite sistematizar la construcci n de cuidados comunitarios de enfermer a Dirigido tanto a enfermeras comunitarias en ejercicio sean especialistas o no como a enfermeras que se est n preparando para el examen de la especialidad EIR o est n realiz ndola este texto permite obtener informaci n directa y relevante en un mbito de actuaci n en el cual las enfermeras desempe an un papel fundamental **VI Congreso internacional de deporte inclusivo** José Gallego Antonio,Manuel Alcaráz Ibáñez,José Manuel Aguilar Parra,Adolfo Javier Cangas Díaz,Elena Martínez Rosales,Estefanía Martínez Morillas,2018-03-12 Las aportaciones incluidas en este libro de actas han sido muy variadas y planteadas desde un enfoque principalmente multidisciplinar en el cual la actividad f sica adaptada y el deporte inclusivo han tenido un lugar primordial Dentro de las t cnicas de autocontrol corporal y mental mencionar trabajos presentados relacionados con la t cnica de pilates aplicada a grupos de bipolares en pacientes con escoliosis a la estabilidad emocional optimismo y depresi n en personas mayores de 60 a os Podemos ver tambi n trabajos de yoga y de mindfulness En relaci n con la salud mental se han expuestos temas referentes a la anorexia bulimia estabilidad emocional estr s ansiedad depresi n y trastorno mental grave como la esquizofrenia Se pueden encontrar tambi n aportaciones relacionadas con las dificultades del aprendizaje como el d ficit atencional con hiperactividad TDAH diferentes tipos de discapacidad como auditiva y visual trastorno del espectro autista como la importancia de la hidroterapia en el autismo en pacientes con par lisis cerebral infantil y la importancia de la actividad f sica en personas con s ndrome de down La equitaci n terap utica en personas con discapacidad la fuerza de presi n manual en el esqu n utico adaptado sentado la motivaci n en la competici n del tenista en silla de ruedas y trabajos referentes al s ndrome de asperger Asimismo aparecen numerosas aportaciones referentes a las personas mayores como anciano institucionalizado el temor a las ca das de mayores en residencias artrosis en la vejez ejercicios pasivos en anciano encamado reeducaci n del equilibrio en mayores rehabilitaci n f sica en mayores osteoporosis en mujeres de la tercera edad aquagym en las personas de edad avanzada gerontogimnasia y la influencia de la actividad f sica en el deterioro cognitivo y las demencias La m sica como terapia en ancianos vulnerables la neuroplasticidad cerebral y

la actividad física de deportes aeróbicos para la mejora el funcionamiento cognitivo en mayores Existen muchas aportaciones desde el punto de vista clínico sanitario como las referentes a la gestación y el embarazo lumbalgias síndrome de fatiga crónica síndrome de Sinding Larsen Johansson hipertensión fibromialgia cáncer de mama alzheimer hemiplejía obesidad infantil y a otras edades diabetes cirrosis hepática fibrosis quística sustancias tóxicas en los adolescentes tratamiento con metadona estreñimiento mujeres postmenopáusicas niños asmáticos el niño con espina bífida pacientes con esclerosis lateral amiotrófica artritis juvenil idiopática rehabilitación tras una artroplastia de cadera ejercicio acuático en personas con enfermedad de parkinson arritmias relacionadas con la muerte súbita en deportistas de elite pacientes con enfermedades cardiovasculares esguinces articulares tratamiento rehabilitador del paciente post ictus enfermedad pulmonar obstructiva crónica gimnasia postparto pacientes que presentan problemas respiratorios pacientes con cáncer de próstata deporte para dejar de fumar deporte tras síndrome coronario agudo lesiones de la columna vertebral efectos del ejercicio físico en pacientes con insomnio crisis convulsivas en niños con epilepsia dieta y consumo de tabaco y alcohol en adolescentes prevenir y tratar la incontinencia urinaria el deporte en personas con lesión medular paciente con angina crónica estable escoliosis idiopática generalidades y natación terapéutica hidrocefalia compleja hernia discal lumbar tratamiento de esclerosis múltiple mediante la natación complicaciones de la vigorexia en los adultos muerte súbita durante la práctica deportiva Y para finalizar resaltar la presentación de trabajos relacionados con diferentes temas como el rendimiento académico beneficios de la actividad física en la violencia de género prevención de drogodependencias el atletismo adaptado como medio de socialización habilidades cognitivas y conciencia corporal en practicantes de artes marciales higiene postural en el deporte actividad física en edades tempranas indicadores de rendimiento en fútbol a 5 para personas ciegas penaltis y doble penaltis y la influencia de la formación específica en materia de discapacidad sobre la autoeficacia para la inclusión en educación física percibida por maestros en formación

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