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Visual Thinking (Indonesian Edition)

Femi Olivia

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Sinopsis : Apakah Anda pencemas? Bila Anda merasa `dikejar-kejar oleh peneror mental`, maka kini saatnya untuk menggunakan cara pandang yang lebih positif supaya hidup Anda lebih bermakna, lebih antusias dan bahagia. Segala masalah pasti ada penyelesaiannya. Sekarang tergantung bagaimana Anda menyelesaikannya, apakah membiarkan atau menghadapinya? Salah satu cara untuk memiliki cara pandang baru adalah dengan mengasah kemampuan berpikir secara visual. Akhir-akhir ini menurut para ahli psychotherapy, banyak di antara kita yang hidup dalam kecemasan atau keresahan yang `melumpuhkan` ketimbang membangkitkan semangat hidup. Parahnya lagi, pencemas jarang yang panjang umur karena sistem sarafnya terus menerus berada dalam keadaan stres. Apalagi, memecahkan masalah dengan mengandalkan otak kiri menggunakan cara berpikir linier, sekuensial dan verbal seringkali sudah tidak ampuh lagi. Bagaimana cara kita untuk melepaskan diri? Kabar baiknya, kecemasan kronik adalah kebiasaan mental yang dapat dihentikan. Kita bisa melatih otak untuk tetap tenang dan memandang hidup dengan sudut pandang yang lebih positif. Salah satu metode sederhana adalah dengan mengubah cara Anda memandang hidup ini dengan kemampuan berpikir secara visual (visual thinking). Pandanglah hidup menggunakan cara berpikir dengan gambar, whole brain, dan konfigurasi supaya perasaan `Ini perang` diubah menjadi `Ini hanya permainan`. Selain itu, mengasah cara berpikir visual juga akan: -Mengembangkan kemampuan mengontrol diri sendiri -Melepaskan diri dari kebuntuan berpikir dan mau mengambil risiko -Mengembangkan sebuah ide dan perencaan -Membuat kita lebih logis, kreatif dan intuitif -Beraksi ketimbang bereaksi -Meningkatkan kemampuan imaginative thinking -Memecahkan masalah secara inovatif dan masih banyak lagi..... Buku yang penuh ilustrasi menarik ini akan membahas langkah-langkah untuk menghilangkan kecemasan menggunakan kemampuan berpikir secara visual. Cara pandang baru ini bila dijadikan mind habit, maka akan benar-benar merupakan keajaiban bagi hidup Anda! So, jika Anda ingin sembuh dari kecemasan Visual thinking salah satu solusinya!
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