

libre del miedo pdf

El mecanismo que desata el miedo se encuentra, tanto en personas como en animales, en el cerebro, concretamente en el cerebro reptiliano, que se encarga de regular acciones esenciales para la supervivencia como comer y respirar, y en el sistema límbico, [2] que es el encargado de regular las emociones, la lucha, la huida, la evitación del dolor y en general todas las funciones de ...

Miedo - Wikipedia, la enciclopedia libre

Causas. Sus causas son la estimulación excesiva del aparato vestibular por el movimiento como causa primaria. La susceptibilidad individual es muy variable. Los estímulos visuales como un horizonte en movimiento, la mala ventilación debida a humos, monóxido de carbono o vapor, en muchas circunstancias asociados al vehículo de transporte y los factores emocionales como el miedo o la ...

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