



Quién eres tú?

By Chica, Laura

Alienta Editorial, 2013. soft. Book Condition: New. La mayor dificultad con la que nos enfrentamos en nuestro desarrollo emocional es que no nos han educado para pensar sobre lo que sentimos, por qué lo sentimos, ni cómo nombrarlo. Ni siquiera nos han enseñado a sentir. La educación se centra en el cerebro racional, y olvida casi por completo el cerebro emocional: ésta es su asignatura pendiente. Sin embargo, es cada vez más sabido y aceptado por todos que la inteligencia emocional es una de las herramientas más poderosas para lograr el éxito tanto en lo profesional como en lo personal, además de influir en la consecución de una vida plena. Lo más alentador e importante es que todos podemos desarrollar la inteligencia emocional, ya que se trata de habilidades y capacidades que se pueden entrenar. Gracias a la neuroplasticidad cerebral, lo que pensamos, hacemos y observamos modifica de manera sustancial nuestro cerebro. Es decir, el cerebro cambia según qué pensamos, hacemos y observamos. Por eso puede entrenarse, moldearse, adquirir nuevos hábitos, habilidades y patrones de pensamiento más positivos. En este libro, Laura Chica nos revela la importancia de educar las emociones y nos muestra el camino para que dejemos atrás...



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