



Inteligencia emocional. Desmontando tópicos (Divulgación) (Spanish Edition)

José María Acosta Vera

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Inteligencia emocional. Desmontando tópicos (Divulgación) (Spanish Edition) José María Acosta Vera
¿El cerebro trabaja siempre? ¿Las ideas solo se nos ocurren trabajando? ¿Conoce el truco para diferenciar una sonrisa verdadera de una falsa? ¿Reconocería a una persona resiliente?, ¿Entiende la necesidad de desaprender?

La inteligencia emocional no es solo una moda pasajera; supone una herramienta muy poderosa para conocerse mejor, para conocer a los demás y para manejar adecuadamente las relaciones familiares, sociales y profesionales. Sobre todo estas últimas, a las que dedicamos una parte muy importante de nuestro día a día. El objetivo de esta obra es incitar a las personas a tomar conciencia de la realidad; a contemplarse tal y como son, a descubrir los mecanismos, aunque estén parcialmente ocultos, de nuestros pensamientos, de nuestras decisiones, de cómo somos en realidad. No somos peores ni mejores; somos así. Y es bueno saberlo y actuar en consecuencia.

Índice

La inteligencia emocional.- Nuestra racionalidad.- Hemisferios cerebrales.- ¿Tengo prejuicios?.- Cómo nos comunicamos.- Ver al otro.- ¿Somos asertivos?.- ¿Cómo estoy de memoria?.- ¿Cómo tomo mis decisiones?.- Qué hacer con las emociones.- ¿Cuidas adecuadamente de tu salud?.- En busca de la felicidad.- Bibliografía.

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