



Las 21 aptitudes de la inteligencia espiritual: Un paso más allá de la inteligencia emocional (Spanish Edition)

Cindy Wigglesworth

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"Un paso más allá de la inteligencia emocional"

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La inteligencia espiritual es la capacidad de comportarse con sabiduría y compasión mientras se mantiene la paz, interna y externamente, sin importar la situación. El reconocimiento de su importancia como algo esencial tanto para el crecimiento personal como para el liderazgo empresarial se ha incrementado con el tiempo. Gracias a su enfoque pragmático y refrescante, Cindy Wigglesworth ha creado el primer instrumento basado en competencias para la evaluación y el desarrollo de la inteligencia espiritual: la prueba SQ21.

El modelo SQ21 traduce las cualidades más admiradas de nuestros héroes espirituales -Mahatma Gandhi, Nelson Mandela, la madre Teresa o Martin Luther King- en un conjunto de 21 aptitudes que pueden aprenderse y evaluarse. Gracias a este libro práctico e iluminador, el lector será capaz de:

- Reconocer la voz de su Yo superior.
- Llevar una vida con propósito y guiada por valores.
- Entender a la gente con puntos de vista diferentes.
- Mantener la fe en tiempos difíciles.
- Tomar decisiones plenas de sabiduría y compasión.

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