



Vida emocionalmente inteligente: 150 (Serendipity) (Spanish Edition)

Geetu Bharwaney

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Un libro obligatorio para quien desee tener un mayor conocimiento sobre inteligencia emocional. Reuven Bar-On, editor del libro *The Handbook of Emotional Intelligence (Manual de inteligencia emocional)*. Vida emocionalmente inteligente no es un libro para leer, sino para hacer, ya que pone en práctica la teoría de la inteligencia emocional. Si el concepto de inteligencia emocional te es desconocido, no te preocupes, ya que empieza con un breve resumen de lo que es la inteligencia emocional, y lo explica utilizando términos que no requieren conocimientos previos de psicología. Además, nos da la gran noticia de que la inteligencia emocional puede aprenderse y que el coeficiente emocional también puede desarrollarse. Vida emocionalmente inteligente contiene un programa único de mejora que aumentará tu habilidad para utilizar las emociones de forma eficiente. Está repleto de estrategias para controlar las emociones, además de unas ideas muy inspiradoras para enfocar tus sentimientos. Te ofrece el mejor método para vivir una vida emocionalmente inteligente. Geetu Bharwaney es la fundadora y directora de EI World Limited, una empresa a la vanguardia de las innovaciones relacionadas con la inteligencia emocional y los programas de desarrollo en Europa. Geetu es conocida por ser una de las pioneras en el campo de la inteligencia emocional.

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