



SE FELIZ N°11 Dirige tus emociones

By Boal Herranz, Rosa María

SAN PABLO EDITORIAL, 2017. Condition: Nuevo. 36 sencillos consejos que ayudarán al lector a reconocer, asumir y dirigir sus emociones. Son consejos orientados a que cada persona asuma lo que realmente quiere o piensa, a que tome las riendas de sus decisiones y de su estado de ánimo. La autora aporta en estas páginas sencillas claves para aplicar la inteligencia emocional en cualquier momento de la vida cotidiana. Como dice en la introducción: «Las emociones son el motor de la vida, marcan la dirección, pintan los colores de tu existencia, deciden el signo de la balanza final, te infunden la fuerza para elevarte o caerte. Dirígelas, cuídalas, porque son el vehículo para llevarte a donde quieras ir y hacer realidad todos tus sueños».



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