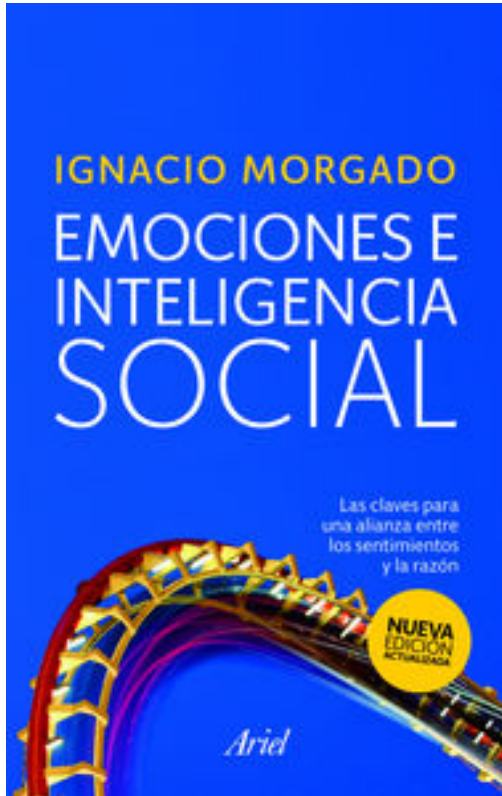


# Descargar Libro En Línea PDF Epub Mobi Español Emociones E Inteligencia Social - Ignacio Morgado



**Descargar libro en línea PDF epub mobi Español Emociones e inteligencia social Ignacio Morgado** , ¿Son compatibles la razón y los sentimientos? ¿Cuál de los dos vence cuando se enfrentan? ¿Es posible lograr un equilibrio entre ambos? ¿Somos seres racionales o sentimentales? ¿Por qué cuesta tanto controlar las emociones? ¿Tomamos las decisiones razonando o arrastrados por la emotividad? ¿Controlan mejor las emociones los hombres o las mujeres? ¿Influyen las emociones en la inteligencia?

Nada nos hace sentir tan humanos como las emociones, tan humanos y tan dependientes, ya que cuando un sentimiento poderoso nos invade ocupa casi todo el espacio de nuestra mente y consume buena parte de nuestro tiempo. Si ese sentimiento es indeseable, sólo hay una forma rápida de eliminarlo y de sacarlo de nuestra mente y es otra emoción, otro sentimiento más fuerte, incompatible con el que queremos desterrar. Basándose en los más recientes experimentos y estudios científicos, Ignacio Morgado describe el cerebro emocional y cómo los sentimientos afectan a las percepciones, la memoria, la comunicación, la toma de

decisiones, la planificación del futuro, la creatividad o al sistema de valores y la moral de las personas. Una obra útil y apasionante para aprender a gestionar y transformar las emociones y los sentimientos.

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