



Inteligencia emocional (Spanish Edition)

Daniel Goleman

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Arguing that Western societies overvalue and over-rely on analytical skills that can be measured by IQ tests, this accessible and thorough study pinpoints a range of abilities—typically overlooked in some cultures—that can be powerful factors in obtaining success and happiness. The book holds that emotional intelligence, comprised of impulse-control, self-motivation, empathy, and social competence, among others, can be as important as diagnostic intelligence when determining personal and professional achievement.

Argumentando que las sociedades occidentales sobrevaloran y dependen demasiado de aptitudes analíticas que se pueden medir con exámenes de CI, este accesible y riguroso estudio señala un ámbito de habilidades—típicamente ignorado en algunas culturas—que pueden ser factores importantes en la obtención de éxito y felicidad. El libro mantiene que la inteligencia emocional, comprendiendo el control del impulso, la automotivación, la empatía y la competencia social, entre otras destrezas, pueda ser tan importante como la inteligencia diagnóstica cuando se determina el éxito personal y profesional.

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