



Viaje a tu cerebro emocional (Spanish Edition)

Rosa Casafont

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Una inmersión en el mundo de las emociones.

¿Somos seres racionales o emocionales?

'Desde tiempos remotos hasta nuestros días, nos hemos hecho infinidad de veces esta pregunta. Hoy podemos afirmar que nuestras emociones y sentimientos esculpen nuestro 'mundo más personal', son fundamentales en nuestro comportamiento, para crear nuestra identidad y nuestro estado de salud física y mental. En las decisiones más trascendentes, en relación a nuestra supervivencia, no existe la participación de la razón, y en el resto, decisiones de todo tipo, las emociones tienen una participación capital.

En ese proceso evolutivo está claro que no podemos hablar solo de emociones, sino también de la influencia que estas ejercen en las capacidades cognitivas, en las funciones ejecutivas, en las relaciones sociales.

En este viaje he querido utilizar el símbolo del 'árbol de la vida' emocional como referencia para descubrir los diferentes aspectos de nuestra evolución desde la semilla y las raíces ancestrales hasta llegar a la creación de la plenitud afectiva... Veremos la importancia de la adquisición de competencias emocionales sanas, aprenderemos a disponer de herramientas para facilitarnos nuestra relación social y acabaremos nuestro viaje con el propósito de autoexigirnos, un poco más y de forma satisfactoria y saludable, para crear posibilidades enriquecedoras, crecer y, vivir con la emoción como aliada.' Dra. Rosa Casafont

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Playing with family in the park, coming to see the marine world or hanging out with buddies is thing that usually you will have done when you have spare time, subsequently why you don't try matter that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Viaje a tu cerebro emocional (Spanish Edition), it is possible to enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't get it, oh come on its referred to as reading friends.

Donald Burgess:

What is your hobby? Have you heard this question when you got students? We believe that that concern was given by teacher with their students. Many kinds of hobby, Every person has different hobby. So you know that little person similar to reading or as studying become their hobby. You need to understand that reading is very important and book as to be the issue. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You see good news or update concerning something by book. Different categories of books that can you choose to use be your object. One of them is Viaje a tu cerebro emocional (Spanish Edition).

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