



Brújula para navegantes emocionales (Spanish Edition)

Elsa Punset

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Conocerse a uno mismo permite descubrir las fuentes de nuestra felicidad, nuestra ira y nuestro dolor para poder convivir armoniosa y plenamente con nosotros mismos y con los demás.

En el fondo instintivo de nuestro ser, no pensamos, sentimos. Estamos hechos de emociones. A lo largo de los siglos nos habíamos esforzado en encerrarlas en sistemas de vida ordenados y represivos. Ante su dictado solo cabía resignarse o rebelarse. Actualmente vivimos en un mundo que nos abruma con tentaciones y decisiones múltiples y tenemos que decidir en soledad quiénes somos y por qué nos merece la pena vivir. Esta nueva libertad reclama la adquisición de una brújula que nos permita navegar con inteligencia emocional por los cauces imprevisibles de nuestras vidas.

Este libro recorre las distintas etapas de maduración emocional y social del ser humano no solo como individuo, sino también en relación a las personas que conforman nuestro entorno: padres, hijos, pareja, compañeros, amigos... En el siglo XXI las emociones, gracias a las puertas que ha abierto la neurociencia, pueden catalogarse, comprenderse e incluso gestionarse: son la llave de nuestro centro neurálgico, llámese cerebro, alma, conciencia o libre albedrío.

La crítica ha dicho...

«Uno de los mejores libros de divulgación científica del año.»

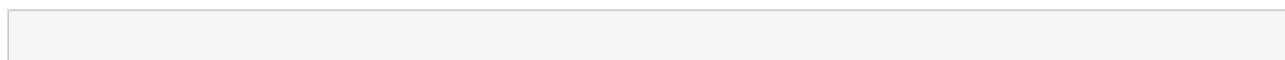
El Mundo

ENGLISH DESCRIPTION

In the instinctive depths of our being, we don't think; we feel. We are made of emotions. Throughout the centuries, we have fought to shut these emotions up in organized, repressive systems of living. When faced with their mandates, one can only resign oneself or rebel. Currently, we live in a world that overwhelms us with temptations and multiple choices, and we have to decide in solitude who we are and why living is worthwhile. This new freedom demands a compass that allows us to navigate with emotional intelligence through the unpredictable channels of our lives.

This book goes through human beings' different stages of emotional and social maturity, not only as individuals, but also in relation to the people who make up our environment: parents, children, partners, colleagues, friends, etc. In the 21st century, thanks to the gates that neuroscience has opened to us, emotions can be classified, understood, and even managed: they are the key to our nerve center, whether you call it brain, soul, consciousness, or free will.

Elsa Punset composes an essential work in which she unites her own experience with formal research to tackle the most relevant topics in raising children, those that will determine their adult personalities, and the role that feelings play in this process. This is a manual that offers us the indispensable keys to avoid capsizing in times of rough weather. An irreplaceable compass for emotional voyagers.



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Howard Benedict:

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