



LA PRÁCTICA DE LA INTELIGENCIA EMOCIONAL (Spanish Edition)

Daniel Goleman

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Por fin la tan esperada continuación del best-seller mundial Inteligencia emocional. Hoy, en un libro que habrá de revolucionar el mundo empresarial y profesional, Daniel Goleman redefine el criterio del éxito en el trabajo, así como las prioridades esenciales de las empresas. Habiendo tenido acceso a directores empresariales de todo el mundo, y tras haber estudiado el funcionamiento de más de quinientas organizaciones, Goleman revela las aptitudes que definen a los profesionales más competentes. Su conclusión es que, desde los puestos de trabajo más modestos hasta los altos cargos directivos, el factor determinante no es ni el cociente intelectual, ni los diplomas universitarios, ni la pericia técnica: es la inteligencia emocional. Autoconciencia, autoestima, autocontrol, empatía, dedicación, integridad, habilidad para comunicar, pericia para iniciar y aceptar cambios: Goleman demuestra que éstas son las competencias más relevantes en el ámbito laboral. Los profesionales más brillantes destacan no sólo por sus logros personales, sino por su capacidad para trabajar en equipo, para maximizar la producción del grupo. Por contra, los profesionales incapaces de afrontar los cambios o conflictos resultan tóxicos para la organización entera. Afortunadamente, y como lo prueban los últimos estudios en conducta humana y neurociencia, todos tenemos el potencial de mejorar nuestra inteligencia emocional en cualquier momento de nuestra carrera. Precisamente, Goleman aporta las pautas específicas y científicamente probadas para conseguirlo. Con toda seguridad, La práctica de la inteligencia emocional es un libro que habrá de cambiar la estructura de las organizaciones empresariales, así como la actitud de sus dirigentes durante las próximas décadas. Un libro de lectura imprescindible.

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