

Inteligencia emocional Spanish Edition



BOOK DETAILS

- Author : Daniel Goleman
- Pages : 520 Pages
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BOOK SYNOPSIS

Psychologist Hendrie Weisinger, a leading expert in developing emotional intelligence, shows the reader how to master its core competencies, including self-motivation, self-awareness, emotional mentoring, mood management, critical thinking, self-confidence and perseverance in the face of frustration. This book offers step-by-step approaches to mastering a variety of emotional intelligence techniques, as well as dozens of practical exercises to apply in the workplace that will accelerate progress.

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