



Migliora la tua vita con l'intelligenza emotiva (Italian Edition)

Christine Wilding

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Quante volte hai pensato “Se solo avessi reagito diversamente”?

Per la maggior parte delle persone è difficile controllare emozioni come impulsività, irritazione o rabbia, salvo poi pentirsi amaramente di quello che hanno detto o fatto.

Sviluppare l'intelligenza emotiva ti metterà al riparo da queste situazioni spiacevoli e imbarazzanti perché ti aiuterà a riconoscere, comprendere e gestire le tue emozioni e quelle degli altri, migliorando notevolmente la qualità della tua vita interiore.

Il libro di Christine Wilding, psicoterapeuta e autrice di molti libri di crescita personale, è la lettura ideale per iniziare a sviluppare la tua intelligenza emotiva.

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