



Brúixola per a navegants emocionals (Catalan Edition)

Elsa Punset

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En el fons instintiu del nostre ésser no pensem, sentim. Estem fets d'emocions. Al llarg dels segles l'ésser humà s'ha esforçat a domar-les, a tancar-les en sistemes de vida ordenats i repressius, davant dels quals només podia resignar-se o rebel·lar-se. Actualment vivim en un món que ens aclapara amb infinites temptacions i decisions i hem de decidir en soledat, sense referents clars, qui som i per què mereix la pena viure i lluitar. Aquesta nova llibertat reclama l'adquisició d'una brúixola, és a dir, de les habilitats i les eines que permetin navegar amb intel·ligència emocional pels camins imprevisibles de la vida. Aquest llibre fa un recorregut per les diferents etapes de maduració emocional i social de l'ésser humà no només com a individu sinó també en relació amb les persones que constitueixen el seu entorn: pares, fills, parella, companys, amics... Al llindar del segle XXI les emocions, gràcies a les portes que ha obert la neurociència, es poden catalogar, comprendre i fins i tot gestionar: són la clau del nostre centre neuràlgic, ja s'anomeni cervell, ànima, consciència o lliure albir. Conèixer-se un mateix permet descobrir les fonts de la nostra felicitat, la nostra ira i el nostre dolor per poder convisure harmoniosament i plenament amb nosaltres mateixos i amb els que ens envolten.

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