



# Brújula para navegantes emocionales (Spanish Edition)

*Elsa Punset*

Download now

[Click here](#) if your download doesn't start automatically

# Brújula para navegantes emocionales (Spanish Edition)

*Elsa Punset*

**Brújula para navegantes emocionales (Spanish Edition)** Elsa Punset

**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.»

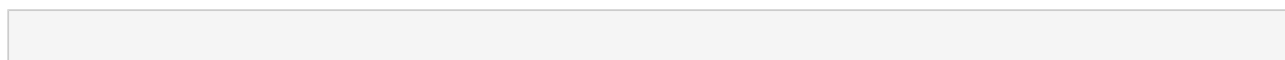
*El Mundo*

## **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.



 [Download Brújula para navegantes emocionales \(Spanish Edit ...pdf](#)

 [Read Online Brújula para navegantes emocionales \(Spanish Ed ...pdf](#)

## Download and Read Free Online *Brújula para navegantes emocionales (Spanish Edition)* Elsa Punset

---

### From reader reviews:

#### **Francisca Varney:**

What do you concerning book? It is not important along with you? Or just adding material when you want something to explain what yours problem? How about your free time? Or are you busy man or woman? If you don't have spare time to perform others business, it is give you a sense of feeling bored faster. And you have extra time? What did you do? Every person has many questions above. They must answer that question since just their can do that will. It said that about reserve. Book is familiar on every person. Yes, it is proper. Because start from on guardería until university need this *Brújula para navegantes emocionales (Spanish Edition)* to read.

#### **Rhonda Rudder:**

Now a day people who Living in the era just where everything reachable by match the internet and the resources inside it can be true or not require people to be aware of each information they get. How a lot more to be smart in acquiring any information nowadays? Of course the answer then is reading a book. Reading a book can help men and women out of this uncertainty Information especially this *Brújula para navegantes emocionales (Spanish Edition)* book because this book offers you rich information and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it you know.

#### **Debbie Clark:**

The e-book with title *Brújula para navegantes emocionales (Spanish Edition)* contains a lot of information that you can discover it. You can get a lot of advantage after read this book. This book exist new understanding the information that exist in this publication represented the condition of the world today. That is important to yo7u to find out how the improvement of the world. This kind of book will bring you in new era of the globalization. You can read the e-book on your own smart phone, so you can read the idea anywhere you want.

#### **Karin Eubanks:**

As a college student exactly feel bored to be able to reading. If their teacher expected them to go to the library or to make summary for some book, they are complained. Just tiny students that has reading's soul or real their hobby. They just do what the educator want, like asked to the library. They go to right now there but nothing reading significantly. Any students feel that studying is not important, boring in addition to can't see colorful images on there. Yeah, it is to get complicated. Book is very important to suit your needs. As we know that on this time, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore , this *Brújula para navegantes emocionales (Spanish Edition)* can make you sense more interested to read.

**Download and Read Online Brújula para navegantes emocionales  
(Spanish Edition) Elsa Punset #4EN6J5M0KXF**

## **Read Brújula para navegantes emocionales (Spanish Edition) by Elsa Punset for online ebook**

Brújula para navegantes emocionales (Spanish Edition) by Elsa Punset Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Brújula para navegantes emocionales (Spanish Edition) by Elsa Punset books to read online.

### **Online Brújula para navegantes emocionales (Spanish Edition) by Elsa Punset ebook PDF download**

**Brújula para navegantes emocionales (Spanish Edition) by Elsa Punset Doc**

**Brújula para navegantes emocionales (Spanish Edition) by Elsa Punset Mobipocket**

**Brújula para navegantes emocionales (Spanish Edition) by Elsa Punset EPub**