



Inteligencia en pareja: Estrategias para relaciones exitosas (Spanish Edition)

María Elena López, María Fernanda González

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Construir una relación estable y duradera es un gran desafío; la pareja cambia, así como las circunstancias que la rodean, y adaptarse no siempre es fácil. Todo con?icto es tanto un riesgo de crisis como una oportunidad para fortalecer y consolidar la relación, la clave es tener las herramientas adecuadas para manejar la situación con destreza. Es entonces cuando entra en juego la inteligencia emocional: el autoconocimiento, el control y regulación de las emociones, la motivación y la empatía, entre otras, son habilidades primordiales para la convivencia. Con ellas se construyen las bases para sintonizar la razón y el corazón y navegar con maestría las relaciones afectivas. El objetivo principal de esta obra es enseñar a conocer y potenciar la inteligencia emocional en ese complejo y desafiante universo que es la pareja

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