



Inteligencia emocional 2.0 (Spanish Edition)

By Travis Bradberry

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Casi todo el mundo sabe que la inteligencia emocional es un factor crítico en el éxito profesional y personal. Pero conocer lo que es la inteligencia emocional no es lo mismo que saber cómo emplearla para mejorar y avanzar profesionalmente. *Inteligencia Emocional 2.0* ofrece un programa paso a paso para aumentar tu inteligencia emocional, potenciando cuatro habilidades fundamentales: el autoconocimiento, el control personal, el conocimiento social y la gestión de las relaciones. **ENGLISH DESCRIPTION** In today's fast-paced world of competitive workplaces and turbulent economic conditions, each of us is searching for effective tools that can help us to manage, adapt, and strike out ahead of the pack. By now, emotional intelligence (EQ) needs little introduction—it's no secret that EQ is critical to your success. But knowing what EQ is and knowing how to use it to improve your life are two very different things. Emotional Intelligence 2.0 delivers a step-by-step program for increasing your EQ via four, core EQ skills that enable you to achieve your fullest potential: 1) Self-Awareness 2) Self-Management 3) Social Awareness 4) Relationship Management

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- Sales Rank: #483831 in Books
- Published on: 2012-10-30
- Original language: Spanish
- Number of items: 1
- Dimensions: 8.99" h x .43" w x 6.03" l, .75 pounds
- Binding: Paperback
- 192 pages

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Editorial Review

About the Author

Travis Bradberry y **Jean Greaves** son los fundadores de TalentSmart, una consultora que trabaja con un gran número de las mayores empresas del mundo, y que es líder mundial en evaluación y formación sobre inteligencia emocional.

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