



Mapa sentimental: Alcanza la estabilidad emocional conociendo tus sentimientos (Spanish Edition)

Javier Urra

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Nunca es tarde para el cambio, no hay acción sin conciencia ni conducta sin elección previa. Hemos de conocer nuestros sentimientos para entendernos y para comprender al otro... para ser felices.

«Al igual que en los puertos de carretera existe una zona de frenada ya dispuesta, a nivel emocional y sentimental es bueno preparar salidas de emergencia ante situaciones de riesgo.

»No hay acción sin conciencia, no hay conducta sin elección previa. Podemos controlarnos y manejar nuestro diálogo interior para conducirnos en la incertidumbre, aceptar la frustración y controlar nuestros impulsos. El lenguaje que utilizamos crea nuestra realidad. Es necesario fomentar la habilidad relacional y aprender a reconocer las emociones ajenas. Que no nos suceda en la vida lo que nos puede ocurrir durante un viaje, que avancemos kilómetros sin ser conscientes de por dónde hemos pasado.

»Nuestra andadura emocional, sentimental se fundamenta en el simple hecho de sentir, de acumular pasiones. Esta es nuestra verdadera naturaleza. Es importante avanzar en la vida con pilares sólidos fraguados desde la inteligencia, el humor, los sentimientos y la voluntad. Solo si somos capaces de conocernos, de gestionar nuestros afectos, de aplacar nuestra ira y de vencer nuestros miedos podremos avanzar, cumplir nuestros objetivos.

»La vida discurre acelerada y en medio del fluir del tiempo y de las obligaciones que nos asolan hemos de diseñar un mapa sentimental propio que nos acerque a los demás y que nos explique como individuos, pues somos lo que sentimos y es fundamental conocer y gestionar nuestros afectos para evitar que las emociones negativas nos aprisionen, para ser más libres.

»Este libro nos propone diversos itinerarios para aprender a amar, a descubrir nuestras fortalezas, a atenuar nuestras debilidades... para conseguir alcanzar la estabilidad emocional».

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