

INTELIGENCIA EMOCIONAL INFANTIL Y JUVENIL

By Linda & Goleman, Daniel Lantieri

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What is the most important subject in your child's educational experience? You will think of mathematics, science or language, but you may overlook an element that begins to be fundamental in today's stressful world: the ability to know as "inner adaptability." In Child and Youth Emotional Intelligence, educator Linda Lantieri teams up with the well-known psychologist Daniel Goleman to help children respond to the particular challenges of the 21st century and not suffer from their repercussions. This can be achieved by an advanced guide that teaches you, step by step, to calm the mind, relax the body and master the emotions with more skill. For the first time Linda Lantieri's proven techniques are offered to the public to increase self-esteem, improve concentration and awareness, and enhance empathy and communication. This powerful program is organized according to the different ages and is accompanied by a CD with exercises directed by Daniel Goleman. This book invites you to: - Relax the body and concentrate the mind, two fundamental techniques to progress in the unpredictable current environments, full of distracting elements. - Foster the five basic skills that build emotional intelligence. - Bring to our daily experiences solidity, confidence and curiosity.

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