



# **PRACTICA LA INTELIGENCIA EMOCIONAL PLENA: Mindfulness para regular nuestras emociones (Spanish Edition)**

*Natalia Ramos, Olivia Recondo, Héctor Enríquez*

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En el libro hermano Inteligencia emocional plena, se definió ese concepto como la gestión eficaz de las emociones haciendo uso del mindfulness o atención plena. Para desarrollar este tipo de inteligencia, los autores han diseñado un original método práctico de entrenamiento: el Programa de Inteligencia Emocional Plena (PINEP). En él los participantes se exponen a diferentes situaciones emocionales que afrontan haciendo uso de la atención plena. Los resultados son tangibles e inapelables. Este programa nos ayuda de forma efectiva a regular los estados emocionales, tiene un impacto significativo en el bienestar personal e incrementa la capacidad de apreciar lo positivo. Las personas que han recibido este entrenamiento mejoran sus relaciones con los demás, logran un mayor nivel de empatía, aumenta su concentración, se responsabilizan más de sus problemas, culpabilizan menos a los demás, se sienten más satisfechos con su ocupación profesional y logran clarificar los objetivos que desean alcanzar en sus vidas.

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