



Viaje a tu cerebro emocional (Spanish Edition)

Rosa Casafont

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Una inmersión en el mundo de las emociones.

¿Somos seres racionales o emocionales?

'Desde tiempos remotos hasta nuestros días, nos hemos hecho ininidad de veces esta pregunta. Hoy podemos afirmar que nuestras emociones y sentimientos esculpen nuestro 'mundo más personal', son fundamentales en nuestro comportamiento, para crear nuestra identidad y nuestro estado de salud física y mental. En las decisiones más trascendentes, en relación a nuestra supervivencia, no existe la participación de la razón, y en el resto, decisiones de todo tipo, las emociones tienen una participación capital.

En ese proceso evolutivo está claro que no podemos hablar solo de emociones, sino también de la influencia que estas ejercen en las capacidades cognitivas, en las funciones ejecutivas, en las relaciones sociales.

En este viaje he querido utilizar el símbolo del 'árbol de la vida' emocional como referencia para descubrir los diferentes aspectos de nuestra evolución desde la semilla y las raíces ancestrales hasta llegar a la creación de la plenitud afectiva... Veremos la importancia de la adquisición de competencias emocionales sanas, aprenderemos a disponer de herramientas para facilitarnos nuestra relación social y acabaremos nuestro viaje con el propósito de autoexigirnos, un poco más y de forma satisfactoria y saludable, para crear posibilidades enriquecedoras, crecer y, vivir con la emoción como aliada.' Dra. Rosa Casafont

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