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DANIEL GOLEMAN

L'intelligence émotionnelle

2



Cultiver ses émotions
pour s'épanouir dans son travail

ROBERT LAFFONT

Lire des ebooks L'intelligence émotionnelle - Tome 2 Daniel Goleman PDF, ePub, mobi, Après le succès de L'intelligence émotionnelle 1, le nouveau best-seller de Daniel Goleman.

Votre réussite dans la vie dépend moins de votre QI que de votre savoir-faire émotionnel - et celui-ci peut être cultivé, amélioré : telle était la thèse du premier ouvrage de Daniel Goleman.

Quand la maîtrise de vos émotions vous ouvre les portes de la réussite professionnelle...

Aujourd'hui, après une longue enquête, Daniel Goleman se penche sur les vraies raisons de la réussite professionnelle ; ce ne sont ni le QI, ni les diplômes, ni l'expertise technique, mais bien nos aptitudes émotionnelles : la conscience de soi, la confiance en soi, le self-control, la motivation et l'intégrité, la capacité de communiquer et d'influencer les autres, de susciter le changement et de l'accepter.

Daniel Goleman nous offre un outil pratique fondé sur les plus récentes recherches en psychologie et en neurobiologie, qui permettra au lecteur de s'épanouir pleinement en cultivant

ses aptitudes émotionnelles essentielles.

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