



Educar los sentimientos (Hacer Familia) (Spanish Edition)

Alfonso Aguiló

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Este libro no pretende sustituir la razón por los sentimientos, sino mostrar el modo de armonizar mente y corazón. En definitiva: unir lo que quiero y lo que debo. Resulta patente que muchas personas con un alto coeficiente intelectual (CI), pero con escasas aptitudes emocionales, se manejan en la vida mucho peor que otras de modesto CI pero que han sabido educar bien sus sentimientos. Parece claro que un elevado CI no constituye, por sí solo, una garantía de éxito profesional, y mucho menos de una vida acertada y feliz. La educación de los sentimientos comprende habilidades como el conocimiento propio, el autocontrol y equilibrio emocional, la capacidad de motivarse a uno mismo y a otros, el talento social, el optimismo, la constancia, la capacidad para reconocer y comprender los sentimientos de los demás, etc. Las personas que gozan de una buena educación afectiva son personas que suelen sentirse más satisfechas, son más eficaces y hacen rendir mucho mejor su talento natural. Quienes, por el contrario, no logran dominar bien su vida emocional, se debaten en constantes luchas internas que socavan su capacidad de pensar, de trabajar y de relacionarse con los demás. Como es lógico, no se trata de sustituir la razón por los sentimientos, ni tampoco lo contrario. Se trata de descubrir el modo inteligente de armonizar mente y corazón, razón y sentimientos. El gran logro de la educación afectiva es conseguir, en lo posible, unir el querer y el deber, porque así se alcanza siempre un grado de felicidad -y de libertad- mucho mayor.

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