

# Educar los sentimientos

Educate your own feelings



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This book is not intended to replace reason with feelings, but to show how to harmonize mind and heart. In short: to put together what I want and what I have to do.

Emotional education includes abilities such as self-knowledge, self-control and emotional balance, the ability to motivate oneself and others, social talent, optimism, perseverance, the ability to recognize and understand the feelings of others ... People who enjoy a good emotional education are people who tend to feel more satisfied, are more effective and get much more out of their natural talent. Those who, by contrast, cannot dominate their emotional lives, find themselves in constant infighting that undermines their ability to think, work and interact with others.

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