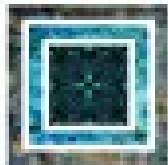


# EMOCIONES DESTRUCTIVAS Cómo entenderlas y superarlas Spanish Edition

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Daniel Goleman  
autor de Inteligencia emocional

## EMOCIONES DESTRUCTIVAS Cómo entenderlas y superarlas



Diálogos entre el Dalai Lama  
y diversos científicos, psicólogos,  
monjes y filósofos

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## **BOOK SYNOPSIS**

El presente libro se enfrenta con uno de los grandes problemas de la humanidad. Daniel Goleman documenta un diálogo entre el Dalai Lama y un selecto grupo de eruditos budistas, psicólogos occidentales, neurocientíficos y filósofos, reunidos para dilucidar, comprender y combatir las emociones destructivas.

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