



El directivo feliz: 1 (Spanish Edition)

Carlos Herreros de las Cuevas

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La curiosidad intelectual del autor, con una sólida formación psicológica, además de empresarial-estratégica, le ha llevado a estudiar los nuevos paradigmas de la psicología positiva, aquella que, según Seligman, se interesa por el bienestar y la satisfacción de las personas. El autor se plantea si esta búsqueda de la felicidad, compartida por toda la humanidad, y ya identificada por Aristóteles, tiene una aplicación específica para ejecutivos y directivos empresariales. Puesto que la tarea esencial de estos últimos es esencialmente estratégica, el autor analiza la relación entre estrategia y bienestar y encuentra un elemento o fortaleza común: la capacidad de colaborar como competencia esencial estratégica y como compendio de componentes de la satisfacción y del bienestar. La segunda parte del libro es esencialmente práctica y de auto-ayuda, aunque el autor afirma que no somos autónomos sino heterónomos, y que por tanto, es mucho más eficaz trabajar con un coach maduro y experto. Los ejercicios y cuestionarios que presenta este libro puede realizarlos y trabajarlos el lector, pensando. Razonando y autoconociéndose más como persona y directivo.

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