



Gimnasia social. La práctica (EASP) (Spanish Edition)

José Luis Bimbela Pedrola

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Con la Tabla de gimnasia emocional del libro Gimnasia emocional. Pasamos a la acción aprendimos a gestionar nuestras emociones y logramos que después de llevar a cabo dicha tabla sintiéramos emociones como confianza, alegría y calma; en lugar de culpa, miedo y rabia. Llega ahora el momento de comunicarnos con los demás, de interactuar. La gran ventaja es que ahora, cuando nos relacionemos con los demás, no contagiaremos angustia, sino tranquilidad, ni transmitiremos impotencia sino fuerza. Y además evitaremos que los demás nos contagien sus emociones tóxicas.

Este no es un libro de magia, sino de gimnasia. No es suficiente, por tanto, con que lo leamos (aunque lo hagamos de forma apasionada y lúcida). Es absolutamente imprescindible que durante su lectura y, desde luego, después de la misma, vayamos poniendo en práctica una y otra vez, entrenándolos, los 6 ejercicios (y el calentamiento) propuestos. Esta es la única manera seria y honesta que conocemos para ir cambiando progresivamente los propios comportamientos haciéndolos cada vez más y más fluidos; y para comunicarnos de otra manera con el mundo que nos rodea.

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