



Aprende los Trucos que Necesitas Conocer para Tratar con los Idiotas En Tu Vida (Spanish Edition)

James Christiansen

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"Cómo Tratar con Personas Difíciles" te ayudará a entender qué hace que sea difícil comunicarse con una persona, para elaborar una estrategia para mejorar o corregir la situación. Con ese conocimiento, estarás preparados para manejar cada interacción sin dejar que tus emociones se interpongan. Además, aprenderás técnicas para construir, activamente, relaciones saludables basadas en la confianza y el respeto mutuo.

Como profesional, la capacidad de trabajar con otros en forma cooperativa que sea tanto productiva como libre de estrés, puede llevar a un satisfactorio ambiente de trabajo. Tampoco es ideal salir de un lugar de trabajo que nos satisface para regresar a un hogar lleno de conflicto.

Sin importar dónde sea que encuentre personas difíciles, hay estrategias demostradas que pueden ser empleadas para tratar con cualquier situación donde deba interactuar con una persona que usted encuentre difícil o problemática.

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