



Los Atrevidos y la aventura en el faro (El taller de emociones) (Spanish Edition)

Elsa Punset, Rocio Bonilla

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Elsa Punset, autora e importante referente en el ámbito de la inteligencia emocional, ha creado la colección «El taller de emociones», una herramienta que ayudará a los niños a conocer y controlar sus propias emociones, algo imprescindible para crecer feliz.

Saber gestionar nuestras emociones no siempre es fácil, especialmente para los más pequeños. Educar con inteligencia emocional es algo esencial para enseñar a los niños a manejar sus emociones y así mejorar sus relaciones con los demás, superar los problemas cotidianos y tomar mejores decisiones.

Elsa Punset, la conocida autora y referente indispensable en el ámbito de la inteligencia emocional, combina en esta colección aventuras entrañables para los niños y niñas con **el taller de emociones**, en el que toda la familia descubrirá pistas y recursos para mejorar su inteligencia emocional.

Los Atrevidos son **Alexia, Tasi** y su perro **Rocky**. Ellos aún no lo saben, pero están a punto de descubrir cómo hacer magia con sus emociones. Acompañados por el genial y experimentado entrenador de emociones, la gaviota **Florestán**, se enfrentarán cada noche a retos divertidos y trepidantes. A través de sus aventuras aprenderemos de forma amena a gestionar nuestras emociones, o lo que es lo mismo: a ponerles nombre, calmarlas o transformarlas.

En *Los atrevidos y la aventura en el faro*, una gran tormenta pone en aprietos a nuestros amigos, ¡pero también les ayuda a DESCUBRIR LA FUERZA DEL EQUIPO!

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