

REPORT

EMOTIONAL WELFARE

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Emotional welfare is a book that brilliantly integrates the parameters of Positive Psychology, so in vogue since it emerged in the year 2000, by Martin Seligman and Mihaly Csikszentmihalyi, and Emotional Intelligence that had already emerged promoted by Peter Salovey and John Mayer in 1990 and which was widely disseminated through the book published by Daniel Goleman, *Emotional Intelligence*.

This manual is fundamentally based on practical applications, with an integrative and didactic approach that is applicable in the various areas of society, such as emotional health, education and organizations of various kinds.

The authors, belonging to the Research Group "Personal development in the field of emotional intelligence", seek to promote the welfare of society, through the promotion of the emotional balance of the people who compose it. To do this, they present a simple, accessible, operative and practical way, a journey through the different stages of human development, beginning with the early experiences, given the great importance they have in structuring the personality. It invites us to discover the emotional skills and abilities that the person has and that are highlighted, also in the interpersonal relationships that he establishes, through communication.

It emphasizes the biopsychosocial aspect of the person and addresses the intervention in the different dimensions that compose it. It focuses on the need for an adequate approach to emotions, handling resilience as a way to enhance personal strengths and improve both physical and mental health.

The implementation of programs already in the educational level, which favor the development of the emotional abilities, to what this work contributes in a masterly way, is a form of preparing for life, what turns it into a manual that cannot be missing in any area of life in which personal development and emotional welfare are intended.

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Synthesis of professional curriculum of the author (s) of the reviewed book:

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Associate Professor at the University of Murcia. Degree in Advertising and Public Relations and Journalism. Collaborator of the research group Personal development. She has published several works and participated in multiple congresses. Consultant.

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Phd in psychology, specialist in emotional intelligence and mindfulness. Master in applied neurosciences. Master in emotional ecology. Clinical practice as a psychotherapist. Associate Professor at the University of Barcelona.

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Phd in Psychology. Master in integrative Gestalt. Expert in Personal Development and Mindfulness. Full attention. Assistant Professor Doctor of the Catholic University of Murcia. She has published several works in journals and books.

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