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En este esperado libro, el psicólogo y periodista Daniel Goleman, autor del best-seller mundial *Inteligencia emocional*, nos ofrece una visión radicalmente nueva del recurso más escaso y subestimado de nuestra sociedad, una capacidad que resulta ser el secreto para la excelencia: la atención. Las personas que logran un máximo rendimiento (ya sea en los estudios, los negocios, el deporte de competición o las artes) son precisamente aquellas que cultivan formas de focalización o de meditación inteligente. Combinando la investigación de vanguardia con conocimientos prácticos, *Focus* profundiza en la ciencia de la atención en todas sus variedades (el foco interno, el foco en los demás y el foco exterior). En la era de la distracción permanente, Goleman sostiene convincentemente que ahora más que nunca tenemos que aprender a cultivar la atención, tanto como forma de autocontrol, de mejorar la empatía o para comprender la complejidad que nos rodea.

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