



La pasión de mejorar (Spanish Edition)

Eugenio Ibarzábal

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Este libro está escrito desde la experiencia del trabajo práctico en la facilitación de equipos, el asesoramiento personal y la propia vida personal del autor. En el fondo, a lo largo de estos años su obsesión sigue siendo la misma: la Innovación personal, que el autor define como "quitar lo que sobra a lo largo de la vida". La vida propone y nosotros respondemos en función de nuestras capacidades y de nuestros valores. Mejoramos en la medida que respondemos mejor. Y lo que nos distingue a las personas es la diferente actitud con la que nos enfrentamos a la vida. Se compone de dos partes: la primera es el relato de una crisis personal, en toda su intensidad, y la segunda el itinerario explícito que el protagonista de esa crisis recorre en su re-solución. En consecuencia, este libro ofrece no solo una reflexión, sino también un itinerario práctico de innovación personal. En el fondo, es lo que el autor ha estudiado, experimentado y testado a lo largo de estos últimos veinte años. Índice Resumido: Primera conversación. Segunda conversación. Monólogo final. El camino de la autoobservación. Cambiando la manera de pensar. Misión, fortalezas y valores. Un itinerario.

Herramientas Eugenio Ibarzabal nació en Donostia, San Sebastián en el año 1951, estudió Ciencias Económicas en Bilbao y trabajó luego como economista, periodista, político, presentador en televisión y finalmente como consultor. En la actualidad imparte talleres de Innovación Personal tomando como referencia el libro que ahora tiene entre las manos.

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