



Aplicaciones de la asertividad (Serendipity) (Spanish Edition)

Olga Castanyer Mayer-Spiess

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¿Cómo quejarse en un restaurante si nos traen la comida pasada? ¿Cómo hacer frente a una descalificación en público? ¿Qué hacer si nos invade la ira y tememos descontrolarnos? ¿Cómo decir No a una petición desmesurada que nos hace un ser querido? La respuesta tiene una única palabra: asertividad. La Asertividad es la capacidad de respetarnos y hacernos respetar, sin faltarte tampoco el respeto a la otra persona. En este libro, eminentemente práctico, se muestran las estrategias asertivas más apropiadas para afrontar situaciones como las expuestas arriba. El está basado y es continuación de La Asertividad: expresión de una sana autoestima, publicado en esta misma editorial y que ya va por la 36ª edición. Olga Castanyer (Madrid, 1962) Licenciada con Grado por la Universidad Pontificia Comillas. Diplomada en Terapia Conductual por el Centro IAMCO, Madrid (1983). Ha trabajado como psicóloga clínica en España y Alemania. A lo largo de su ya dilatada carrera profesional, colaboró durante 10 años con el Teléfono de la Esperanza y otros 5 con Aldeas Infantiles SOS. Desde 1985 codirige el Gabinete Psicopedagógico SIJÉ, en Madrid, en donde se dedica en un 75% a la terapia y en un 25% a impartir cursos y talleres. Se ha especializado en Asertividad y Autoestima, temas sobre los que versan la mayoría de los talleres que imparte. Gran amante de los idiomas y de la literatura, ha traducido numerosos libros, sobre todo de Psicología. Es autora de La asertividad: expresión de una sana autoestima (1996, 36ª ed.) y coautora, junto con Estela Ortega, de ¿Por qué no logro ser asertivo? (2000, 8ª ed.).

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