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2004

2005-06 Las habilidades sociales son un conjunto de hábitos (a nivel de conductas, pero también de pensamientos y emociones), que nos permiten mejorar nuestras relaciones interpersonales, sentirnos bien, obtener lo que queremos, y conseguir que los demás no nos impidan lograr nuestros objetivos. También podemos definir las como la capacidad de relacionarnos con los demás en forma tal que consigamos un máximo de beneficios y un mínimo de consecuencias negativas;

tanto a corto como a largo plazo. Nuestro concepto de habilidades sociales incluye temas afines como la asertividad, la autoestima y la inteligencia emocional. También destaca la importancia de los factores cognitivos (creencias, valores, formas de percibir y evaluar la realidad) y su importante influencia en la comunicación y las relaciones interpersonales. Por eso, el programa de autoayuda que describe el libro incluye técnicas para mejorar todas esas áreas. Además de clarificar todas esas cuestiones, el libro incluye un resumen de las aportaciones de los autores más relevantes en el campo de las habilidades sociales, sin perder de vista nuestro objetivo central que es el de ayudar a los lectores a mejorar su capacidad de comunicarse y de relacionarse eficazmente con los demás. Para ello, la información se ha estructurado en forma de programa de autoayuda, con numerosos ejemplos y ejercicios prácticos, que ayudaran al lector a desarrollar sus habilidades sociales, por sí mismo o con la ayuda de un experto. También puede utilizarse como guía, por el profesional que ayuda a otras personas a mejorar sus habilidades sociales. Para facilitar esta labor, en cada capítulo se añaden ejercicios para realizar en grupo, que permiten practicar las diferentes habilidades de que consta el programa, tanto en las sesiones de entrenamiento como fuera de ellas. Las habilidades sociales son un conjunto de hábitos a nivel de conductas pero también de pensamientos y emociones que nos permiten

mejorar nuestras relaciones interpersonales sentirnos bien obtener lo que queremos y conseguir que