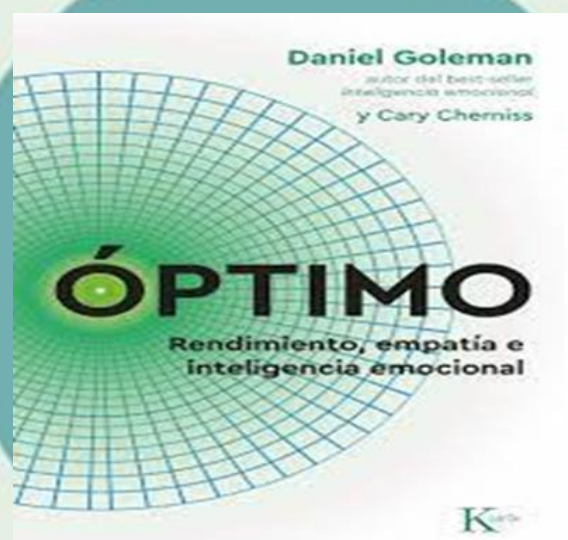


Interview with Dr. Daniel Goleman Author of the Book *Óptimo*

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Daniel Goleman, psychologist, journalist, author, and speaker, has left a lasting legacy in the study of emotions. He earned a Ph.D. in clinical development psychology and personality.



What is the book *Óptimo* about?



In *Óptimo*, Daniel Goleman and Cary Cherniss reveal how emotional intelligence can help us have a great day, every day. They explain how to realistically achieve fulfillment by consistently working at an optimal level.

According to the author, it is essential to understand our emotions, to be aware of what we are experiencing and the true source of our feelings. This allows us to manage them optimally, avoiding reactions that lead to negative consequences and impulsive decisions.



Impact

The work highlights certain tools as life habits to achieve satisfaction and performance, such as deep breathing, perceptive awareness, and empathy, among others. Addressing this topic has a significant impact on the productive life of organizations, particularly in universities.

