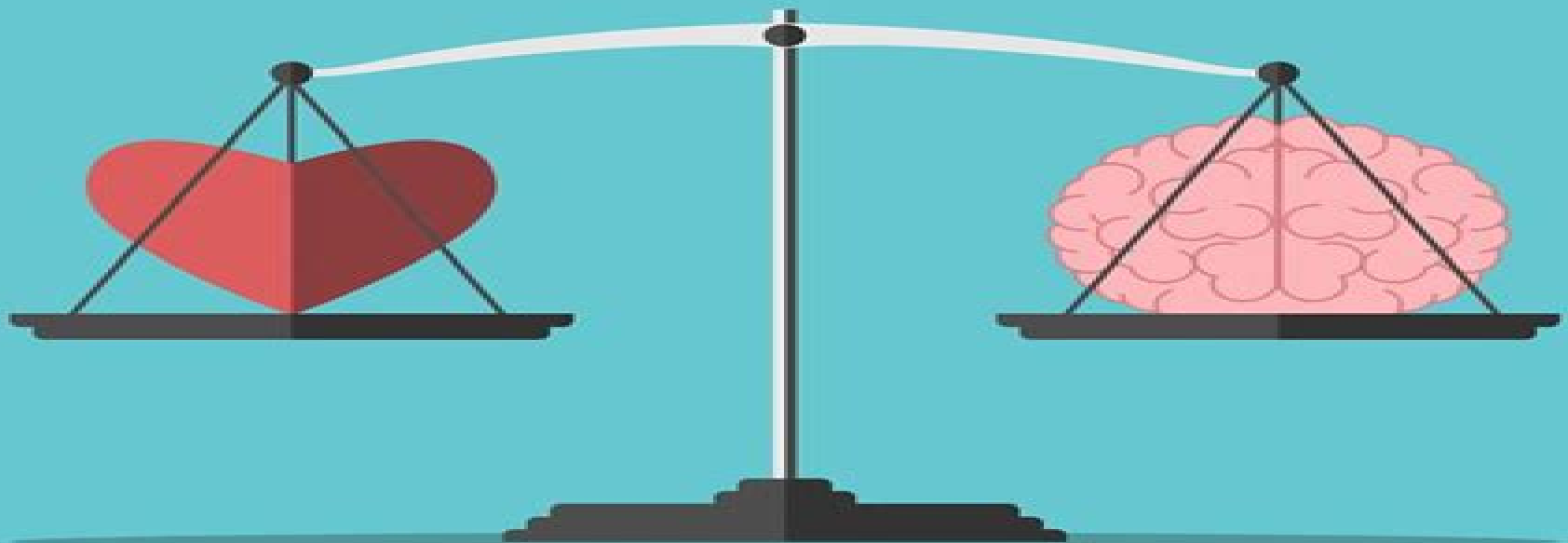


EMOTIONAL INTELLIGENCE

EXPLORING THE MOST POWERFUL
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book with this one **Emotional Intelligence 2.0** Derek Warren,2018-06-15 Boost your Emotional Intelligence and thrive in today's modern society powerful positive intelligence strategies and proven techniques designed to help you master your social skills and improve your relationships with other people Emotional intelligence is a concept that has gained a lot of traction and has proven to be a huge factor that determines whether or not you are able to manage people handle tasks and stand out from the crowd This book details out what EQ is and uses Personal stories and experiences to help you understand why it is instrumental towards achieving success By learning how to boost your emotional intelligence you can improve your life and live up to your potential Your emotions and how you react to them play a major role in intelligence success relationships and all other facets of life In this book you will understand how to use the four EQ skills to heighten your emotional intelligence and get ahead in life In emotional intelligence 2 0 you will learn The four Core EQ skills and how to use them to boost your emotional intelligence Understanding the difference between emotional intelligence and general intelligence and using this knowledge to improve yourself How to discover your true self get rid of negative self talk and use internal dialogues to express yourself How to build and achieve your potential through positive intelligence Practical ways to build your emotional intelligence and master social skills to give you an edge in a fast paced world How to use self management and awareness to understand your emotions and improve your relationship with others Scroll up and get a copy of this book to start utilising the powerful thought processes and skills today **Understanding the Benefits of Emotional Intelligence in Leadership** Namaskar Books,2024-11-27 Understanding the Benefits of Emotional Intelligence in Leadership explains how emotional intelligence EQ contributes to effective leadership The book explores the five components of EQ self awareness self regulation motivation empathy and social skills and discusses how leaders can use these skills to manage teams resolve conflicts and create a positive work environment By developing emotional intelligence leaders can enhance their ability to connect with others inspire teams and drive success **Improving Your Emotional Intelligence In a Day For Dummies** Steven J. Stein,2012-11-07 Learn to boost your emotional intelligence for success in life and business in a day Learning to manage your emotions in difficult situations is one of the basic ways we can improve our lives and relationships Improving Your Emotional Intelligence In a Day For Dummies uses relatable everyday moments to reveal how to deal with friends family and colleagues in healthier more productive ways Uses everyday examples of healthy ways to deal with stressful situations Written by a recognized expert on psychological assessment and emotional intelligence who is also the author of Emotional Intelligence For Dummies This e book also links to an online component at dummies.com that extends the topic into step by step tutorials and other beyond the book content *Emotional Intelligence* Jeremy Bolton,2017-07-05 Do you want to be able to control your emotions Are you someone who isn't as self aware as you should be Your emotional intelligence is a vital component in who you are and what you do With this helpful guide Emotional Intelligence A Step by Step Guide on How to Master Your Emotions Raise Your Self Awareness and Improve Your EQ you can

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point approach so that you can start implementing in your life today *Emotional Intelligence Mastery* Eric Jordan, 2016-08-03

Become Emotionally Smarter with a Practical Approach

Emotional intelligence has been a buzzword in the personal growth industry and in high level corporate recruitment strategies since 1995 when Daniel Goleman used the term for his book title and topic. As we would say today, his use of it went viral immediately in the world of business and mental health in particular. Often abbreviated as EQ, emotional intelligence is the personal ability you have to recognize and label your own emotions and feelings and to use this information to steer your thinking and behavior in the desired direction. Whether you are looking to climb the career ladder with ease, thrive during social events, or simply feel more at peace with yourself, a well developed EQ is absolutely critical. During the course of this book, we will take a look at the current knowledge surrounding the subject as well as how you can vastly improve your own emotional intelligence with a series of simple practical exercises. You will learn about:

- How to observe and analyze your emotions at any given moment
- How to connect more easily with people and build strong and lasting relationships
- How your body reacts to your various emotional states
- How to release unwanted and potentially destructive emotions
- Thought traps and how to deal with them
- Mindfulness and its role in developing EQ
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