

EMOTIONAL

Intelligence



Emotional Intelligence Ebook

Jeremy Bolton

Emotional Intelligence Ebook:

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Emotional Intelligence MTD Training, 2002 *Emotional Intelligence* Nilanjan Sengupta, 2009 **Emotional Intelligence at Work**

Dalip Singh, 2006-11-14 According to EQ proponents emotional intelligence is an important part of one's capacity for professional success This guide for business people introduces the concept of EQ and explains how emotional skills can be learned A self test for measuring EQ is found at the back of the volume *The Brain and Emotional Intelligence* Daniel Goleman, 2011 Daniel Goleman explains what we now know about the brain basis of emotional intelligence in clear and simple terms This book will deepen your understanding of emotional intelligence and enhance your ability for its application You will learn the most recent findings that explain The Big Question being asked particularly in academic circles Is there such an entity as emotional intelligence that differs from IQ the neural dynamics of creativity the brain states underlying optimal performance and how to enhance them the social brain rapport resonance and interpersonal chemistry brain 2.0 our brain on the web neural lessons for coaching and enhancing emotional intelligence abilities

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Summary of Emotional Intelligence

Sharp Summaries,2022-02-14 **SUMMARY OF EMOTIONAL INTELLIGENCE Why It Can Matter More Than IQ** By Daniel Goleman An Innovative Approach Of Reading Books Faster Daniel Goleman's book Emotional Intelligence first published in 1995 and last updated in 2005 is a fundamental work on how humans perceive negotiate and control emotions in themselves and others A high level of emotional intelligence is demonstrated by those who are successful in reading human emotions including their own To understand more you can purchase this in depth summary Click on the BUY NOW button to get your book today NOTE We present a concise direct and practical explanation of the subject matter You will learn the main points of a long book in less than half an hour This is a supplemental resource that will assist you in better comprehending the book the original book We do not offer the original text or plan to replace the original book with this one

The Little Book of Emotional Intelligence

Andy Cope,Amy Bradley,2016-08-25 The Little Book of Emotional Intelligence is an immediate outcome focused primer on the important topic of EQ which provides practical no nonsense life advice and takes a sideways look at a world which is overwhelming at times Funny colourful and profound this book is a gripping manual for the human

mind enabling you to understand and control your emotions communicate better and live a happier more balanced life

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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 learn the basic steps you need to take to ensure that your emotional intelligence is functioning at its peak Inside you will find 9 in depth chapters which go a long way to helping you achieve your goal and include An understanding of what emotional intelligence is The mixed model and why it's important Developing emotional intelligence How to improve your EQ How to develop emotionally intelligent habits And much more There is much to learn before we can consider ourselves to be an emotionally intelligent person This book takes

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