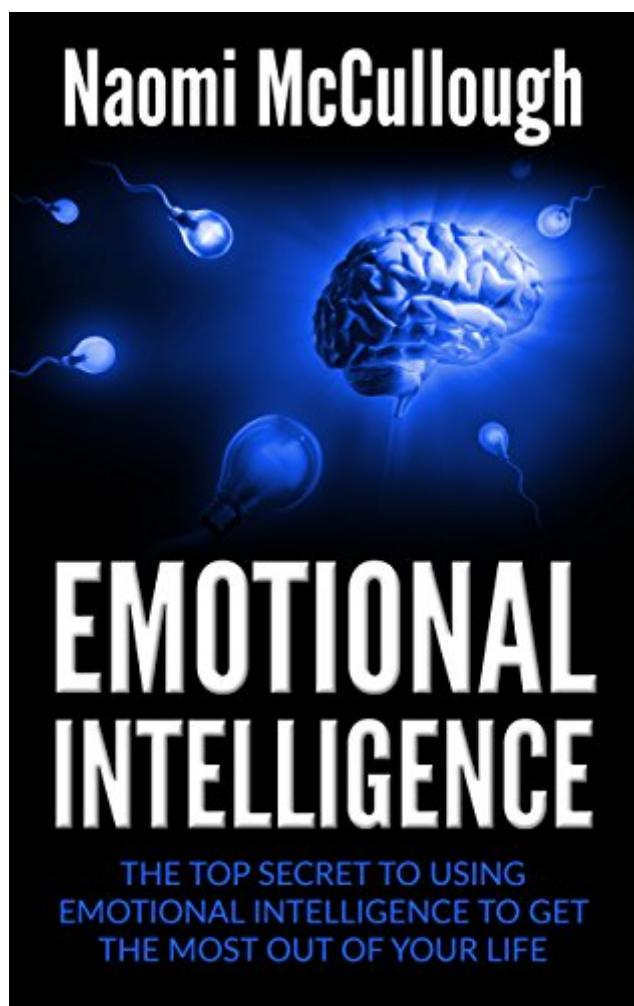


The book was found

Emotional Intelligence: The Top Secret To Using Emotional Intelligence To Get The Most Out Of Your Life



Synopsis

"As human beings, we all want to be happy and free from misery... we have learned that the key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions such as anger, attachment, fear, and suspicion, while love and compassion and a sense of universal responsibility are the sources of peace and happiness." - Dalai Lama

"In my 35 years in business, I have always trusted my emotions. I have always believed that by touching emotion you get the best people to work with you, the best clients to inspire you, the best partners and most devoted customers." - Kevin Roberts

"When awareness is brought to an emotion, power is brought to your life." - Tara Meyer Robson

Are you good at reading the intentions of others? Do you know how to manage your knee jerk reactions when someone insults you? Do you wish you could empathize more with the way others feel? You may know your IQ, and if it is a very high number then you should be very proud of your intellectual ability, but what about your EQ? That's right, do you know your Emotional Intelligence? So, why is it important that we understand emotional intelligence? You've probably noticed that it's not the smartest people that are the most successful or the most fulfilled in life; being clever, talented or skilled is not enough. In fact, Emotional Intelligence accounts for nearly 90% of the difference between average and highly successful people. In life, we tend to live up to certain values and qualities in order to lead life rightfully and to the fullest. Little did we know some of these qualities are connected in enhancing our emotional intelligence? This book will show you how. Emotional intelligence can help you to gain control over your own emotions, rather than letting them take over you and making you react in a way that you are not proud of later on, as well as recognizing the emotions of others around you. We will take a look at how to observe and express your emotions, how to increase your self-awareness, and even how to apply your newfound emotional intelligence in the workplace and your relationships. This book aims to help you develop this new skill set that will enable you to build your emotional intelligence and use your emotions to create positive experiences in your life. The goal is to enhance the way you think, bring success in your workplace, improve your relationships with others and deliver happiness. Reading this book will help you have a better understanding of the role of emotional intelligence in your personal self-development. You may be physically strong, intellectually gifted, and financially stable, but you may have big and deep issues and concerns about handling your emotions. Here is a preview of what this book will offer:

Understanding of Emotional Intelligence

Observing and Expressing Your Emotions

How to Master Your Emotions

Increasing Your Self-Awareness

Meditation and Mindfulness

How to Apply Emotional Intelligence in the Workplace and Relationships

How to Uncover Negative Emotional

PatternsStrategies for Improving Your Emotional IntelligenceAnd Much, Much More! Final Words:Even if you think you know everything discussed here, give this book a shot. It's a short, informative and entertaining read, and you may pick up some valuable tools and new ways of thinking you've never read or heard of before.Would You Like To Know More?Scroll to the top and Grab your copy now! You won't be disappointed!100% Satisfaction GuaranteeI've put my all into this book, but if you're not entirely satisfied with it, you may return it within seven days as per 's refund policy

Book Information

File Size: 1289 KB

Print Length: 69 pages

Simultaneous Device Usage: Unlimited

Publisher: TÃfÃ©Ã©nzy Publisher (August 6, 2017)

Publication Date: August 6, 2017

Sold by:Ã© Digital Services LLC

Language: English

ASIN: B074MKXHGV

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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Customer Reviews

I like to read books about Emotional Intelligence. I think this book is helpful and actual for everyone nowadays. What strange creatures we are! This book is informative and easy to read. The author gives us the information what Emotional Intelligence is and how to control over our own emotions. The strategies and recommendations are very detailed and easy to follow. This is also a book of motivation that will help you become more positive, peaceful and intelligent should you follow the

teachings within the book. I recommend this book to everyone who wants to learn more information about Emotional Intelligence. It is worth reading.

When you understand clearly what emotional intelligence is and why you need to improve this intelligence, you will be very close to achieving this intelligence on a higher standard. I think this book will surely win to let you understand clearly what emotional intelligence is? And you will find this book more interesting to read when you achieve that. At least it works for me, now i think i understand what emotional intelligence is and i find this book really helpful with some great tips and guides for me to follow and go for what i want from my society, my family my friends and my workplace. Definitely worth a recommendation.

This book is a comprehensive explanation, and self-help guide to becoming emotional intellect and its provision for same is detailed with an astronomical amount of value. I am clearly confident that anyone looking to learn more about EI or who want to become the best that they can be in life and with success; read this book. This is one of the best books on the topic of Emotional Intelligence I have ever read, and also one of the best books about EQ on Kindle, when you compare the value it provides versus the price.

It is a Great book!!! Perusing this book is an incredible ordeal for me, as now i think i unmistakably comprehend what the Emotional Intelligence is and this is the most significant piece of this book and this is the place this book stands separated from every one of the books i have perused about Emotional Intelligence. When i comprehend it i can understand what i ought to do and what i should not. This is likewise a book of inspiration that will enable you to wind up plainly more positive, serene and wise should you take after the lessons inside the book. I like it and completely recommended it for all..

This book can help you to gain control over your own emotions, rather than letting them take over you and making you react in a way that you are not proud of later on, as well as recognizing the emotions of others around you. This has really helped me and I will continue to use it as a reference. This book is a good introduction to the concept of emotional intelligence and how you might use it in your own life. Overall it was a great read.

This book is fully loaded by wisdom that will give you ways to understand your

thoughts, why you think that way, deal with your internal conflicts, and embrace positive emotions. What's more, it systematically teaches you to go through your own thinking process, guides you to analyze it, and helps you come up with effective and actionable solutions. Great read so far and is on my list to read again.

Very interesting and informative. Understanding emotional intelligence is really important. I feel like I finally read the book that people have been talking about for years and think we should all read it. We pay dearly when we push aside our emotional realities under the guise of it being "touchy feely" instead of indicators of what thoughts we are attached to that are creating our reality.

With all the focus and media attention on emotional intelligence it is important to learn the facts about this theory. With its focus on the people side of management and leadership, EI skills are in high demand in many workplaces. Very good article and has cleared some of the doubts related to EI.

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