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# Emotional Intelligence

DUMMIES

# Learn to:

- Become more aware of your emotions
- Change your emotions for the better
- Develop techniques for dealing with difficult people
- Use empathy to improve your relationships at home and work

Steven J. Stein, PhD

Coauthor of The EQ Edge: Emotional Intelligence and Your Success



# **Emotional Intelligence For Dummies**

**Rachel S Tattersall** 

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