

Emotional Intelligence

A Practical Guide

Self-Knowledge

*Managing Your
Emotions*

*Understanding
Others*



by Dr. David Walton

Emotional Intelligence A Practical Guide

Shasha Hu



Emotional Intelligence A Practical Guide:

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Emotional Intelligence Maya Bennett,2017-10-04 Emotional Intelligence The Definitive Practical Guide to Understand Your Emotions Develop Your EQ and Improve Your Relationships EQ a term which was all but unknown thirty years ago is now almost a household word Businesses and schools all over the world have implemented training programs in the belief that emotional intelligence skills will improve the performance leadership skills and overall quality of lives for their employees and students But what exactly is emotional intelligence How does it fit with personality and IQ And is it set from birth or during early childhood or can it be improved throughout life This book explores the nature of emotional intelligence through investigation of various theories and approaches to measurement It presents fair criticisms of these theories and

measures as well as of some of the broad claims made by EQ proponents It identifies and describes various tests and online quizzes that you might take in order to gain an understanding of your own emotional intelligence Part 2 of the book presents an overview of current teaching related to the improvement of the various aspects of emotional intelligence Knowing your emotions Managing your emotions Reading and understanding the emotions of others Responding and interacting optimally with others What you will learn in Emotional Intelligence The Definitive Practical Guide to Understand Your Emotions Develop Your EQ and Improve Your Relationships You will learn the hallmark characteristics of emotionally intelligence people You will learn why EQ is as important as your IQ in determining your overall success in life You will learn how to measure your Emotional Intelligence You will explore the journey of Emotions and their challenges You will explore ways to develop your EQ You will learn how to improve your relationships And many more This Emotional Intelligence The Definitive Practical Guide to Understand Your Emotions Develop Your EQ and Improve Your Relationships is your must have first guide to explore and get the perfect name for your little one The Bottom Line Do you want to find out what is your EQ potential and how it can matters in your success What are you waiting for Get your book today by making the smartest decision you could possibly make this year Discover what your gift is and harness it to do good Don t hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page

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Emotional Intelligence David Walton,2012 Emotional Intelligence A Practical Guide shows how you can improve your personal and professional relationships your health your children s prospects and more With exercises case studies and useful tips it helps you put the principles of EI into practice to achieve a happier healthier life STAY IN CONTROL with a greater understanding of yourself INFLUENCE OTHERS through assertive communication HELP YOUR CHILD AT SCHOOL by improving their concentration and behaviour IMPROVE YOUR PHYSICAL WELL BEING by regulating your emotions Publisher s description

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