

Making Everything Easier!™

Emotional Intelligence

FOR
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

JE Gale



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