

*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

**Guillaume Favre**



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