

# Emotional Intelligence A Practical Guide To Making Friends With Your Emotions And Raising Your Eq

## Positive Psychology Coaching Series Book 8

**Lawrence Micolis**

*Emotional Intelligence: A Practical Guide to Making Friends with Your Emotions and Raising Your EQ* Ian Tuhovsky, Here's How You Can Raise Your Emotional Intelligence, Make Friends, And Feel Confident Again! Unless you live under a rock (which does not sound like a terrible idea nowadays) you have probably heard about Emotional Intelligence, or EQ, and its huge importance when it comes to relationships and psychology. But how much do you REALLY know about emotional intelligence? What does EQ have to do with you? Now you don't have to scour the internet in order to learn more about emotional intelligence or positive psychology anymore. Ian Tuhovsky, the best-selling author of *The Power Of Mental Discipline*, *Empath: An Empowering Book For The Highly Sensitive Person*, and *Critical Thinking: Think Clearly In A World Of Agendas*, is here to offer you an in-depth emotional intelligence book that will answer all your questions. Top 5+1 Key Takeaways From The Ultimate Emotional Intelligence Guide: □ Understand EQ: gain an in-depth understanding of emotional intelligence, its meaning, and its immense value. □ Recognize Emotions: learn how to observe and recognize emotions, which in turn will help improve your reactions. □ Express Your Emotions: discover how to release negative emotions and empower positive ones. □ Learn How To Say NO: one of the most important lessons for a happier, more balanced life. □ Discover Your True Self: ask the right questions, learn more about yourself, and handle stress like a boss. □ Practice Emotional Intelligence: just like with any other skill, practice makes perfect. Develop your emotional intelligence and learn how to stand out in a world packed with emotionally ignorant people. Why Invest In This EQ Book? People with high emotional intelligence are able to deal with criticism better, take calculated risk without overthinking, and are known to overachieve. If you are looking for a simple, step-by-step guide that will help you: □ Regulate Your Emotions & Help Others Around You Regulate Their Emotions □ Make Friends, Socialize With Other People & Show The Appropriate Emotions For Any Situation □ Deal With Your Past, Forgive Yourself & Other People Or Resolve Internal Conflicts Look no further than this comprehensive emotional intelligence guide! □ A SPECIAL GIFT TO YOU INSIDE: Link to download author's 120-page e-book "Mindfulness Based

Stress and Anxiety Management Tools” at no additional cost! What Are You Waiting For? Click Buy Now' & See How Fast You Can Develop Your EQ!

**Emotional Intelligence** Ilona Wright,2021-04-12 If you want to know yourself more deeply, and how to use emotional intelligence to live a happy life and fulfilled, then keep reading. Do you ever wonder how you can develop emotional intelligence? It's Important to know, that behavior is a clue to emotional intelligence. Behavior is the key to further development. Emotionally intelligent people are able to identify certain types of behaviors and certain interactions. They are able to recognize their own emotional states as well as the emotional states of others'. Emotional intelligence has become one of the most sought-after skills in the workplace, mainly because employers are increasingly looking for people who are good team-players, who work well under pressure, and who can communicate effectively in a culturally diverse environment. Those with high emotional intelligence have an advantage over others in the workplace mainly because they cope better under pressure, find it easier to work in multicultural environments, and being good listeners, make emphatic colleagues and potentially great leaders. Unfortunately, most people are too self-centered and concerned only with their own problems and life and are simply not interested in others. Although this is partly due to the busy and stressful lives most of us live, it's also because our culture has only recently recognized the importance of emotional intelligence for one's wellbeing and the reasons many people struggle to develop it. Well, do you want to improve your conversations, increase self-esteem and charisma? Then don't worry there are techniques that will help you with these. You will find some of the tips in the chapters of this book that include: - How to observe and analyze your emotions at any given moment. - How to connect more easily with people and build strong and lasting relationships. - How your body reacts to your various emotional states. - How to release unwanted and potentially destructive emotions. - Thought traps and how to deal with them. - Mindfulness and its role in developing EQ. - How to improve your EQ in everyday environments. - How having a higher emotional intelligence will benefit your life. And more! What are you waiting for? Buy now, and start improving your EQ today!

*Raising Your Emotional Intelligence* Jeanne S. Segal,2015-08-25 Employing exercises, self-tests, case studies, and step-by-step instructions, Segal shows readers how to listen to their intuition and their body's messages, make those signals part of their decision-making process, and thus realize the full benefit of their emotional resources. Unlike so many parenting books full of generalizations, this title includes specific ideas for games, projects, and even computer games. Highly recommended for all parenting collections. - Library Journal

**Emotional Intelligence** Charles Bennett,2022-01-13 Do you often find yourself struggling to get a handle on your emotions? How many times have you found yourself feeling guilt, regret even over the things that you said and did when you were emotional? Emotions are one of the most powerful, underlying forces within us. Every step we take in life, every move that we make is dictated or ruled at some point by our emotions. When you find it hard to manage your emotions, that's when

things start to become a real challenge. Keeping your cool or a clear head, to be able to think rationally even in the most challenging and emotional situations is not something everyone can do. This will teach you: - How to persuade people by using mind control techniques: nlp, hypnosis, emotional manipulation, and many others... - How to transform your behavior and control your own mind - How to build spartan-level self-discipline - How to reprogram your thoughts and behaviors by using cbt (cognitive behavioral therapy): overcome depression, anxiety, panic attacks, and many other mental health issues! - How to recover from abuse - and how to turn trauma into a source of strength! - And much, much more! If you struggle through your social interactions on a regular basis, you could need to strengthen your emotional intelligence. If this sounds like you or someone you know. This guide is here for you with a combination of easily understood explanations, relatable examples, and several charts to simplify concepts, this guide seeks to guide you on your journey toward developing better emotional intelligence skills.

**Emotional Intelligence** Lawrence Micolis,2018-03-13 Here's How You Can Raise Your Emotional Intelligence, Make Friends, And Feel Confident Again! Unless you live under a rock (which does not sound like a terrible idea nowadays) you have probably heard about Emotional Intelligence, or EQ, and its huge importance when it comes to relationships and psychology. But how much do you REALLY know about emotional intelligence? What does EQ have to do with you? Now you don't have to scour the internet in order to learn more about emotional intelligence or positive psychology anymore. Top 5+1 Key Takeaways From The Ultimate Emotional Intelligence Guide: Understand EQ: gain an in-depth understanding of emotional intelligence, its meaning, and its immense value. Recognize Emotions: learn how to observe and recognize emotions, which in turn will help improve your reactions. Express Your Emotions: discover how to release negative emotions and empower positive ones. Learn How To Say NO one of the most important lessons for a happier, more balanced life. Discover Your True Self: ask the right questions, learn more about yourself, and handle stress like a boss. Practice Emotional Intelligence: just like with any other skill, practice makes perfect. Develop your emotional intelligence and learn how to stand out in a world packed with emotionally ignorant people. Why Invest In This EQ Book? People with high emotional intelligence are able to deal with criticism better, take calculated risk without overthinking, and are known to overachieve. If you are looking for a simple, step-by-step guide that will help you: □ Regulate Your Emotions & Help Others Around You Regulate Their Emotions □ Make Friends, Socialize With Other People & Show The Appropriate Emotions For Any Situation □ Deal With Your Past, Forgive Yourself & Other People Or Resolve Internal Conflicts Look no further than this comprehensive emotional intelligence guide!

**Emotional Intelligence** Alan Schmidt,2016-01-09 The Hidden SECRETS Of Emotional Intelligence: The Ultimate Practical Handbook That Reveals The Proven Techniques Which REALLY improve EQRead on your PC, Mac, smart phone, tablet or Kindle device RIGHT NOW.Do you know someone who is good at managing their emotions? Someone who is good at

expressing their thoughts, hopes and even their most personal feelings in a clear and appropriate manner? Someone who is great at handling other peoples' emotions, even during awkward situations? Someone who is a LIKEABLE LEADER type of person. If so, then this person is emotionally intelligent. If you are emotionally intelligent, you are the master of your own feelings. You know how to survive a bad mood without it ruining your day, and you know how to use your emotional energy wisely. If your EQ (Emotional Quotient - a measure of emotional intelligence) is high, then you know exactly how to ride out even the most difficult problems that life throws at you, with your sanity and dignity intact. This book is a must have for you: If you want to beat mental overload and depression If you want to get rid of this heavy feeling in your gut every time you think about your future If you are ready to be the person that everyone is looking up to at work If you want to be a positive example for your family and friends If you want to naturally improve your sexual charisma If you want to finally apply logical knowledge in an effective way and feel energized and alive as a side-effect For a long time, traditional intelligence - what we refer to as 'intelligence quotient' or 'IQ' - was seen as the only kind of intelligence worth bothering with. Someone with a high IQ is usually good at tasks like solving logic puzzles and solving equations. If you've ever taken an IQ test, you'll know that they measure these kinds of mental abilities, but simply ignore skills relating to emotions and relationships. This book will show you why Emotional Intelligence is the most important asset you have; not only that, but it will show you how you can easily improve it. You're about to learn: Why people gather information about Emotional Intelligence by reading books, but still fail at improving it (hint: reading about swimming doesn't make you a good swimmer) The 3 most effective power-tools to actually improve your EQ drastically, in just 21 days How to make the consistently best decisions available to you at work and in your relationships How to be the Mister Spock (rational thinker) AND the Nelson Mandela (emotionally intelligent leader) How to dissolve emotional stress within a few minutes by using a weird new technique Much, much more EQ can be cultivated systematically in a short period of time and it can be maintained with just a few minutes of practice every day. So, why doesn't everyone do it? Because many people haven't experienced the power of practical Emotional Intelligence. They don't understand the impact it can have on their confidence and on the people that surround them. If you are ready for the practical secrets of EQ, then you are about to read a book that will change your life fundamentally. Don't lose any more time with other EQ guides that inform but don't DELIVER. There is an EASIER, FASTER & MORE EFFICIENT way to improve your EQ. And you can do it by following this insanely practical, step by step guide! Scroll Up & Download Your Copy Now!

**Emotional Intelligence : 21 Effective Tips To Boost Your EQ (A Practical Guide To Mastering Emotions, Improving Social Skills & Fulfilling Relationships For A Happy And Successful Life )** Alison L. Alverson, 2019-05-02 If you want to fulfill your emotional potential and create a content life full of strong and rewarding relationships, then keep reading ... Have you ever found yourself doing or saying something in the heat of the moment that you later regretted? Perhaps you laid awake all night wondering why you had spoken or acted in this way. Can you recall more than one occasion

where you lost control of yourself and it felt as if something else had taken over you? Don't worry. You're not alone. The thing that took control of you was your emotions. Did you know? - 71% of top managers believe that emotional intelligence is more important for business than IQ, with 59% saying they wouldn't hire someone who had a very high IQ but a low emotional intelligence. - Up to 50% of your marital happiness depends on emotional intelligence, as the more emotionally intelligent you are, the better at communication you will be, leading to a more satisfying, long-lasting relationship. - People with low emotional intelligence are 70% more likely to get cancer and 19% more likely to have a heart attack. As you can see, discovering the secrets to becoming emotionally intelligent will have a positive impact on your career, your relationships, and your health. In this book, Emotional Intelligence, you will discover: - The 7 basic emotions and how they affect your brain - The differences between the 2 types of intelligence - The 6 most important aspects of your life which can be boosted by better emotional intelligence - How to recognize the 12 signs that someone has low emotional intelligence - The importance of self-regulation and self-motivation for emotional control - The 21 effective steps to increase emotional intelligence in your daily life - And much, much more. No matter how old you are or in which stage of life you are, everyone has the potential to increase their emotional intelligence and discover how to maintain healthy and fulfilling relationships. Stop having sleepless nights because you regret your emotional reactions. BUY IT NOW

Emotional Intelligence 2.0 Theresa Williams, 2022-03-30 Why are so many people with high IQs and excellent academic achievements unsuccessful in life? Why do some people build social relationships with ease while others seem incapable of doing so? Have you ever found yourself in a situation where anxiety and fear overwhelm you to the point that you freeze up or are unable to make the right decision? The secret? EMOTIONAL INTELLIGENCE! In today's society, it is believed that a person with great academic achievements and a high IQ has it easy and will certainly be successful in life. But in many cases, getting good grades in college or having a high IQ is not strictly linked to success. Does this seem strange to you? Either way, this is the reality of things. Think about it.. the vast majority of successful people didn't do so well in school. There is a type of intelligence that few know of, yet it is one of the most important for our well-being and that of others, and it is Emotional Intelligence(EI). With the methods explained in the book, you will be able to train and develop this type of intelligence, thus changing your life! You will finally understand how to relate to others in the best way possible by always making the wisest decisions in every area of your life without letting negative emotions take over. This book is for: - Those who want to increase work productivity, with a greater capacity for leadership; - Those who want to reduce anxiety and stress as well as the risk of suffering from disorders such as depression; - Those who would like to know themselves better and make better decisions - Those who want to more fully enjoy their relationship as a couple and beyond; - Those who want to use empathy to better understand others' moods - Those who want to improve social relations and control anger; - And much, much more... Don't worry, it's not your usual academic textbook full of complex terms. This book will give you the right strategies in a simple and

challenging way. If you want to discover the power of Emotional Intelligence and finally control your emotions, Get This Book NOW!

Emotional Intelligence Daniel Cooper,2020-11-06 An understanding of emotional intelligence can drastically improve your life. An awareness of the skill spectrum that emotional intelligence represents, is the first step in imbuing your life with the benefits that come with emotional intelligence. A working definition of emotional intelligence can also be developed by thinking of it in terms of the abilities of self-awareness, self-regulation, empathy, and motivation. The benefits of honing emotional intelligence skills are many, and these skills are essential for men and women working on teams, for those in leadership roles, in conversation, and for interaction in a social group. It almost goes without saying that emotional intelligence is important in relationships, especially considering the fact that EI is a component of normal human communication and social interaction. The truth is that nowadays, while normal people are still finding their own goal, people with high Emotional Intelligence are able to find great job and become leaders in their environment. This fact is due to the capability of these individuals to understand yourself and others through the mastery of emotions, anger management and improving their social skills. EI skills can be improved with practice, making emotional intelligence a skill set that you do not have to be stuck with. We are all born with some emotional intelligence traits, and we can improve these by training. Learning about emotional intelligence is the first step to being more emotionally intelligent. As you practice skills, like self-awareness, self-regulation, and empathy, you will find behaving with emotional sensitivity becomes as natural as breathing. This book helps you to understand all facets and components of Emotional Intelligence from the frameworks to practical exercises to test your EQ. In this book you will learn: 1. The benefits of being emotionally intelligent 2. Understanding personality types 3. Raising your emotional cleverness 4. How emotional intelligence was in the past 5. Mastering your emotions to manage anger effectively 6. How the brain impacts your emotions? 7. Emotional intelligence and leadership 8. Recognizing and managing your emotions 9. Learn to deal with your feelings 10. Raising your emotional cleverness 11. Boosting emotional intelligence and much more... Do you want to become a leader of yourself?

Emotional Intelligence: A Guide to Developing Emotional Intelligence and Ensuring Psychological Safety (A Practical Guide to Making Friends With Your Emotions and Raising Your Eq) Katherine Carter,101-01-01 This self-help and personal development book delves deep into the foundations, principles, and practical applications of emotional intelligence. With each chapter, you'll gain a comprehensive understanding of the science behind emotions and how they impact human behavior. Through real-life examples, practical exercises, and scientifically backed research, you'll learn how to cultivate emotional intelligence and apply it in various aspects of your life. Inside you'll discover: · Achieve mindfulness. · Understand emotions. · Empathize with others. · Improve self-confidence. · Build inner resilience. This comprehensive guide is more than just book young adults to navigate the turbulent waters of college life with grace and confidence. Each chapter offers

practical strategies, reflective questions, and your own experiences prepare to embark on a transformative journey that will not only enhance your social-emotional.

**Emotional Intelligence For Dummies** Steven J. Stein,2023-04-11 Get smart about your feelings to achieve success and happiness Emotional intelligence (also known as emotional quotient or EQ) is all about perceiving, using, understanding, managing, and handling your emotions and those of others. Develop crucial emotional skills that will help you in your career and in your personal life with Emotional Intelligence For Dummies. Learn to manage your emotions, uncover the power of empathy, and build meaningful relationships. Raise emotionally intelligent kids, become a better leader at work, and land the job you want. Let Dummies be your guide to living your best life! Gain emotional awareness that you can use in the workplace and at home Engage in practical exercises to develop your emotional intelligence skills Apply emotional intelligence in parenting children and teenagers Reduce stress and realize greater personal happiness with a higher EQ This new edition incorporates the latest research on emotional intelligence, the new EQ-i 2.0® model, and updated exercises. Anyone who wants to get a grip on their emotions and seek success in life will benefit from this fun and practical guide.

Emotional Intelligence Jessica Greiner,2018-06-30 Would you be interested in a skill that helps you know what other people are thinking and feeling, even if they aren't really sure of it themselves? The fact is that the people who tend to be the most successful in life aren't those who are the strongest or the smartest. But they are the ones who can use their natural charisma to manipulate interpersonal relationships while at the same time reliably keeping their emotions in check, so they are free to make the most profitable choices in any given situation. The secret to these people's success is what is known as emotional intelligence, and if you haven't heard of it yet, rest assured that is going to change sooner than later as it is one of the most prized traits that many employers are looking for in their employees these days. If you are looking for ways to ensure you keep up with the modern job market, then Emotional Intelligence: A Step by Step Guide to Improving Your EQ, Controlling Your Emotions and Understanding Your Relationships is the book you have been waiting for. ☐☐ Grab your copy today and learn ☐☐ ♦ What are the key elements of emotional intelligence? ♦ How emotional intelligence allows you to make better decisions in your daily life ♦ How to achieve greater success in your personal and professional life ♦ The secrets of building more rewarding and fulfilling social relationships ♦ Proven strategies for developing greater self-awareness ♦ The eight EQ mistakes you must know to get your EQ to the place where you would like it to be ♦ LOTS of practical exercises to regulate your own emotions ♦ And much more... While traditionally not as publicized as intellectual intelligence, emotional intelligence is what makes it possible for those who have it to successfully connect with others productively, make the correct life decision in a pinch and generally create positive action out of simple intentions. The level of emotional intelligence that you have also made it easier to understand what others are thinking and feeling more easily. So, what are you waiting for? Maximize your full potential by unlocking the power of your emotional intelligence, and scroll up to click the buy now button!

Emotional Intelligence Ryan James,2018-04-18 Have you ever wondered why some people seem to get all the good things life offers while others stand on the sidelines and wonder why me? Some people will tell you it's ambition, IQ, and position that determines life's outcomes. What if I told you there was something within each of us that promises greater happiness and success? It's called Emotional Intelligence, and it is available to you by simply reading this book and following the six steps presented in these pages. Feelings are what drives us in life. We do what we do to change how we feel. We buy a luxury car so that we can feel powerful and important. We lose weight so that we can feel beautiful and admired. Although you think you can do things to change or avoid feelings; in truth, you already possess those things for which you dream. All you must do is gain awareness and change your perceptions, and act on the feelings that will give you greater Emotional Intelligence. It doesn't take wealth, beauty, or brains to increase your Emotional Intelligence. It takes awareness, knowledge, and practice, which won't cost you anything but a little time. So, journey with me through the pages of this book and together let's discover how you can have all the good things life has to offer.

Emotional Intelligence Ryan James,2020-06-18 Emotional Intelligence Series Book #5 Do you want to manage stress? Do you want to learn how to assert yourself? Do you want to be understood? Do you want to understand other people better? These are just some of the concerns that developing your emotional intelligence will address. Having a high intelligence quotient (IQ) may not be enough to achieve success. Psychologists say that emotional intelligence has a huge impact on your professional success. A study conducted by TalentSmart shows that emotional intelligence or IE (popularly known as EQ) is the biggest predictor of job performance. That's because emotional intelligence is the foundation of all critical skills - empathy, anger management, assertiveness, flexibility, accountability, communication, presentation skills, and stress tolerance. Over ninety percent of the people who are doing well at work has high emotional intelligence. The good news is you can develop emotional intelligence. This book contains practical and easy to follow steps that will help increase your EQ. You'll learn: What emotional intelligence is Traits of people with high emotional intelligence Traits of people with low emotional intelligence 21 practical tips that will help you increase your emotional intelligence How to set personal boundaries How to get to know yourself deeply How to increase your optimism and resilience Real stories of people with low and high emotional intelligence 30 empathy statements 100 techniques to help you beat stress And more! It's time to get out of the emotional roller coaster that you're in and start understanding and managing your emotions. This book will help increase your self-control, conscientiousness, adaptability, motivation, and trustworthiness. Most of all, this book helps you understand other people more so that you can build deeper and more meaningful relationships. Grab this book now and change your life!

**Emotional Intelligence Handbook** Ramit Gupta,2020-01-02 Emotional Intelligence Is Your Ticket To Success Take the first step towards mastering your social skills and turning your life around today! The secret to success isn't always about

technical skills. In fact, that plays a very small part in the grand scheme of things. I mean, if you think about it, we all know a braniac wiz who just can't get ahead in life, and when we look at them, it's quite obvious. They don't know how to socialize, deal with conflicts, or even manage their own emotions. But here's the twist, many of us are this same way, just not at the extreme end of the spectrum. Sure, we may be playing the EQ game 10 times better than the braniac, but what if we played it 100 times better? What if we were so conscious of our own emotional intelligence and of the people around us that we could have massive control in every social situation with just a little bit of knowledge of soft skills and communication skills? You see, that's the secret to success...it's your emotional intelligence, how well you empathize and bond with others as well as how conscious you are of your own emotions. Unfortunately (or fortunately for you, since you're reading this), most people don't actively study these skills. That's a good thing for people who do study these skills and want to get ahead in life because when it comes to emotional intelligence, there are only two types of people who really understand it. There are the naturals who can control a room with their charm without even trying, and then there are those who have sharpened their emotional intelligence to the point where they can not only compete with the charm of the naturals, but surpass them, harnessing the true power of emotional intelligence and strategically using when it's most needed. In this book, I help you get to that level. I introduce you to the basics of emotional intelligence, soft skills, and some of my favorite tips for becoming a better communicator by appealing to the emotions of others. I'll also teach you about your own emotional levels, tactics you can take to reduce stress in the heat of the moment, overcoming disempowering emotions, and tricks to relating to others on an emotional level using nonverbal communication. The best time to sharpen your emotional intelligence was yesterday, and the second best time to do it is today. Are you ready to take control? Here Is A Sneak Peek Of What I'll Teach You... The 4 Components & 4 Branches Of Emotional Intelligence My 3 Steps For Mastering Stress Immediately My Emotion Pinpointing Technique The 3 Nonverbal Tricks For Emotionally Relating To Others How To Lighten The Mood In Any Situation The Power Of Soft Skills The 3 Ways You Sabotage Your Own Communication The 4 Stepping Stones To Good Communication The 6 Best Tips To Improve People Skills Much, much more! The longer you wait to develop your emotional intelligence, the more opportunities you miss out on! Download your copy today and watch your EQ skyrocket! Tags: Emotional Intelligence, Soft Skills, Communication Skills, Leadership, How To Relate To Others, How To Be Social, Team Building, Negotiation, Interpersonal Skills, Interpersonal Communication, Relating To Other People

Emotional Intelligence Alison Alverson,2019-05-06 Do your emotions control you? Does a word have the power of cheering you up or getting you down? Are you one of those who gets easily irritated? Do you always repeat this I hate losing my temper Do you want to build better relationships? Do you want to excel in your industry? wouldn't you like to manage difficult situations calmly and effectively? If you answered yes to any of these, then EMOTIONAL INTELLIGENCE: 21 EFFECTIVE TIPS TO BOOST YOUR EQ (A Practical Guide To Mastering Emotions, Improving Social Skills & Fulfilling

Relationships For A Happy And Successful Life) is the right book for you! The author has suffered multiple failures in her own life. Although she was smart and had a nice family, there were parts of her life that needed improvements. Her emotions led her on and caused bad effects on her relationships and getting a job. She knew that she had to do something. Then she decided to find a way to manage and recognize her own emotions. She knew she owed to herself and her family to get a handle on this once and for all! What she discovered completely changed her life! How did she do it? In this book, she shared her 21 effective tips that raised her emotional intelligence and improved her life. Inside this guide, you will learn how to:

- Identify your emotions
- The 7 different feelings that effect on you
- Promote your work performance
- Increase your emotional awareness
- Identify people's emotions
- Control your actions for effectiveness
- Manage your emotional smarts like a champ
- Have the power of gratitude journal
- Do that one thing which will instantly help out in improving empathy
- The secret that leads you to appreciate your moment
- The 5 positive traits of emotionally intelligent people
- The 12 signs of low emotionally intelligent people
- Simple exercises that can start doing today to improve your EQ
- Do that one thing to 'let it go'
- The 21 powerful tips to gain control over your emotions & raise your EQ
- Plus a whole lot more.....

Being in touch with your emotions allow you to manage stress and communicate effectively with other people. So, you need for the true guide which is EMOTIONAL INTELLIGENCE: 21 EFFECTIVE TIPS TO BOOST YOUR EQ (A Practical Guide To Mastering Emotions, Improving Social Skills & Fulfilling Relationships For A Happy And Successful Life). It provides practical and easy tips to follow which the author herself used that will help you to increase your Eq. It will help you to acquire skills to build your self-confidence and controlling your problems. This is the easiest way to actually start using emotions to your advantage! So, what are waiting for! Buy Now by clicking the Buy Now button at the top of this page and tap into your emotions to make your life better

Emotional Intelligence Christine Wilding, 2017-09-07 A TOOLKIT FOR IMPROVING YOUR LIFE Emotional Intelligence is a way of developing a well-balanced thoughtfulness in our lives. The ability to use our thoughts and feelings to change our behaviour and create a positive influence on our surroundings, on our friends and our colleagues, is one which can produce fundamental improvements in our professional and personal lives. It will help us to lift our performance at work, enjoy better relationships and communicate better with those around us. This book combines detailed, practical application of Emotional Intelligence principles along with insights from the fields of mindfulness and positive psychology to create a a powerful tool for change which you can use right away. It presents practical strategies to help you set and achieve new goals either at work or at home, and to engage effectively and positively with everyone around you. ABOUT THE SERIES People have been learning with Teach Yourself since 1938. With a vast range of practical, how-to guides covering language learning, lifestyle, hobbies, business, psychology and self-help, there's a Teach Yourself book for whatever you want to do. Join more than 60 million people who have reached their goals with Teach Yourself, and never stop learning.

**Emotional Intelligence** Gill Hasson, 2014-05-20 From the author of the bestselling *Mindfulness: Be Mindful. Live in the Moment*. Emotional Intelligence is fast becoming the skill to master that will unlock your true potential. 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. It's your ability to manage your feelings, other people and your interactions with them that makes the difference. We're all born with this ability - emotional intelligence is a skill and we all have the capacity to develop this skill. This book will show you how. It will change the way you think about emotions. Instead of thinking of emotions as being positive or negative, you will learn that all emotions have a positive intent - all emotions have our best interests in mind. Improve your emotional intelligence and you improve your ability to understand and manage emotions. You can think clearly and creatively, manage stress and challenges, communicate well with others and display trust, empathy and confidence. You will be in a better position to handle situations, events and other people that in the past you've found difficult or stressful. Emotional Intelligence will show you how to heighten your EQ and improve your personal and work life, including how to be more assertive and confident express how you feel, what you want and don't want understand what others are feeling and forge stronger relationships manage office politics and navigate the social complexities of the workplace manage anxiety, anger and disappointment deal with bullying motivate and inspire others

Emotional Intelligence Mastery: The Complete Guide for Improving Your EQ, Relationships, and Social Skills to Overcome Anxiety, Depression, Manipulation, Narcissistic Abuse, and More! Eva Spencer, 2022-05-04 Master Emotional Intelligence and Transform Your Life - The Ultimate Guide to Improving EQ, Relationships, and Overcoming Emotional Challenges Are you ready to take control of your emotions and improve your life? Emotional Intelligence Mastery is your comprehensive guide to enhancing your emotional intelligence (EQ), building stronger relationships, and overcoming anxiety, depression, manipulation, and narcissistic abuse. This book provides you with the tools to master your emotions and achieve a happier, more fulfilling life. Unlock the Power of Emotional Intelligence and Enhance Your Social Skills Emotional intelligence is the key to understanding and managing emotions, both in yourself and others. This book offers practical exercises and proven strategies to help you develop your EQ, leading to better relationships, improved social skills, and greater emotional stability. Whether you're struggling with anxiety or dealing with narcissistic abuse, this guide will empower you to take charge of your emotional well-being. What You'll Discover in Emotional Intelligence Mastery: - Emotional Stability: Learn to stay in control of your emotions and make decisions with clarity, using your head instead of your heart. - Improved Emotional Intelligence: Gain practical insights and techniques to enhance your EQ skills and better understand the emotions of others. - Better Relationships: Experience significant improvements in your relationships by learning to read and respond to the emotions of those around you. - A Happier Life: Overcome anxiety and depression by mastering emotional regulation, leading to a brighter, more positive outlook on life. If you enjoyed Emotional Intelligence 2.0

by Travis Bradberry, *The Emotional Intelligence Quick Book* by Travis Bradberry and Jean Greaves, or *Emotional Intelligence: Why It Can Matter More Than IQ* by Daniel Goleman, you'll love *Emotional Intelligence Mastery*. Start Your Journey to Emotional Mastery Today! Scroll up, click on Buy Now, and begin your transformation with the powerful strategies in *Emotional Intelligence Mastery*.

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