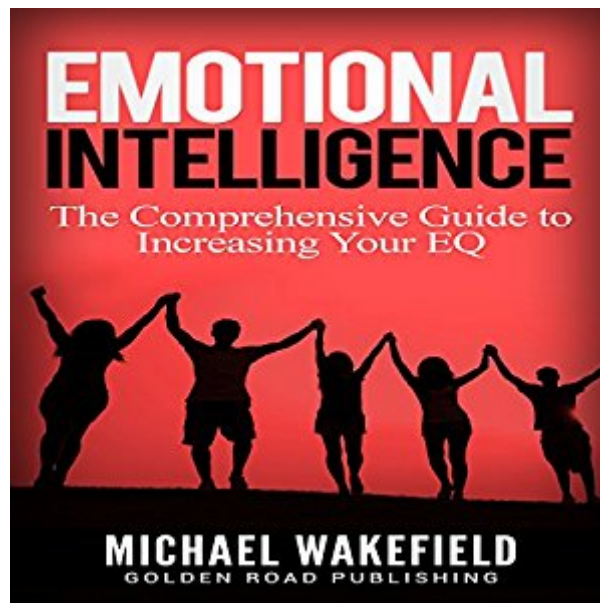




Ebook Directory
the best source of ebook

The book was found

Emotional Intelligence: The Comprehensive Guide To Increasing Your EQ



Synopsis

When we think of our emotions, we often tend to see them as ways of reacting to the world. We feel happiness, sadness, anger, hope, and other emotions because we act on the world, and the world acts on us in turn, and we show our initial reactions by means of our instincts and feelings. What if there was more than one way of understanding our emotions? What if we could learn to see our emotions as ways of changing the world for the better? What if we could learn to harness our emotions in order to improve our relationships with ourselves and with others? This is the key idea to understanding the topic of emotional intelligence, the overarching term for the various skills and capabilities related to understanding our own emotions and those felt by other people. These skills and capabilities include identifying emotions, managing them, and using them to build better interpersonal relationships. Emotional intelligence has been touted as the key to long-term success. It has been linked to the prospect of a more satisfying experience at work. It is one of the most critical factors in building more long-lasting and more satisfying romantic and/or sexual relationships. And it has been observed to have long-lasting effects on mental and physical health. In this book, you'll learn about emotional intelligence and its most important applications. You'll learn why developing emotional intelligence is important for both the child and for the adult. You'll learn about the benefits of developing emotional intelligence. And you'll learn about various strategies for developing emotional intelligence that you can easily incorporate into your daily life. It's never too late to better understand, work with, and manage your emotions, and you can start today - all you need to do is listen to this book.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 49 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Golden Road Publishing

Audible.com Release Date: January 19, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B01MY99MI2

Best Sellers Rank: #19 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home >

Antiques & Collectibles #40 in Books > Crafts, Hobbies & Home > Antiques & Collectibles > Art

Customer Reviews

This book describes what emotional intelligence, how and why we use, its function in our daily lives, and provides a strong argument as to why one should care about emotional intelligence. All in all, it is an argument for furthering empathy, but best of all it describes how to promote the development of emotional intelligence in children and in adults. As a therapist I see many people who come in with difficulties relating to people due to a deficit in these skills. I would recommend this book as a handout to clients to promote psycho-education, to teachers, parents, and anyone who has to deal with the public. Perhaps if we all practiced a little more empathy, the world would be a better place!

Emotional intelligence (EI) or emotional quotient (EQ) is the capability of individuals to recognize their own, and other people's emotions, to discriminate between different feelings and label them appropriately, to use emotional information to guide thinking and behavior, and to manage and/or adjust emotions to adapt environments. In this book, the author has given guidelines for readers to learn How to overcome feelings of anxiety in social situations by understanding the concepts of emotional intelligence, The importance of understanding emotions and how it can improve we relationships, and also How to develop emotional intelligence, and how developing emotional intelligence can improve our life for the better. This is a great motivational book it helps us instantly improve our relationships by understanding what emotional intelligence is and how we can incorporate its tenets into our everyday life. Great read.

This book was useful and well-written, and I recommend it to anyone that wants to know more about the way that emotional intelligence works in both yourself and other people. This book is one of the best ways to make sure that you know plenty about how your emotional intelligence works and how you can use it to improve your relationship with other people.

This book is an introduction to the general ideas and theories behind the concept of emotional intelligence. More importantly, however, it is an introduction to the various methods by which we can improve upon our emotional intelligence. Here you will learn why emotional intelligence remains important, in a world where it's just as easy to interact with someone on the other side of the planet as it is to interact with someone who's just in the same room. This is a book that you will read with

pleasure, and I believe that will be useful to you, as to me was.

Excellent book on the softer skills that many people in modern world haven't developed. The book introduces you to these skills, explains why they are useful and provides instruction on how to develop them. This book is a must for everybody whether a student or a professional or a businessman who wants to progress up the ladder of success, or stay at home people learn how to connect with people better.

This book is a comprehensive guide as the title of the book claims. I learned many things related to emotional intelligence and how to increase it. I realize that emotional intelligence plays the equal role in success as the IQ.

Fabulous, indispensable guide for those looking to get more in touch with their emotional intellect. So much emphasis is placed on mental alacrity these days, that many of us have sacrificed the part of us that makes life worthwhile...our feelings and how we use those feelings to relate to the people around us. This is a great eye-opener, especially in the midst of this tumultuous year with seemingly everyone at each other's throats. Emotional intelligence is about developing empathy and awareness. Essential reading for all!

Maybe I simply had high expectations for a "comprehensive GUIDE" but if you really are looking to increase your EQ then I personally suggest you skip this book. Sure there were points to take here and there but the overall content is simply introductory in my opinion.

[Download to continue reading...](#)

Emotional Intelligence: Why You're Smarter But They Are More Successful (Emotional intelligence leadership, Emotional Quotient, emotional intelligence depression, emotional intelligence workbook)
Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4)
Emotional Intelligence: The Comprehensive Guide to Increasing Your EQ Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) Emotional Intelligence: The Top Secret to Using Emotional Intelligence to Get the Most Out of Your Life Emotional Intelligence: Why it can matter more than IQ (Leading with Emotional Intelligence) Emotional Intelligence: How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions,

how to read ... problem solving, communication Book 3) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All Emotional Intelligence: A Mastery Guide to Controlling Your Emotions, Improving Your Self-Confidence, and Raising Your Self-Awareness Emotional Intelligence: A Practical Guide to Making Friends with Your Emotions and Raising Your EQ (Positive Psychology Coaching Series Book 8) Emotional Intelligence: How to Succeed by Mastering Your Emotions and Raising Your IQ Emotional Intelligence: Ultimate Practical Guide: How to Become A Lively And Likeable Leader By Improving Your EQ (Positive Psychology, Interpersonal Skills, Emotions) The EQ Edge: Emotional Intelligence and Your Success Emotional Intelligence: How to Master your Emotions, Build Self-Confidence and Program Yourself for Success (Emotions, IQ, Success, Skills, Tricks,) Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! (EQ Mastery) Emotional Abuse:: The Hidden War for Power and Control in Your Relationship (Healing Emotional Abuse Book 1) Testosterone: The Definitive Guide to Boosting Your Testosterone, Gaining Muscle, Increasing Your Sex-Drive and Becoming the Ultimate Male (testosterone, health, fitness) Humanitarian Intelligence: A Practitioner's Guide to Crisis Analysis and Project Design (Security and Professional Intelligence Education Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)