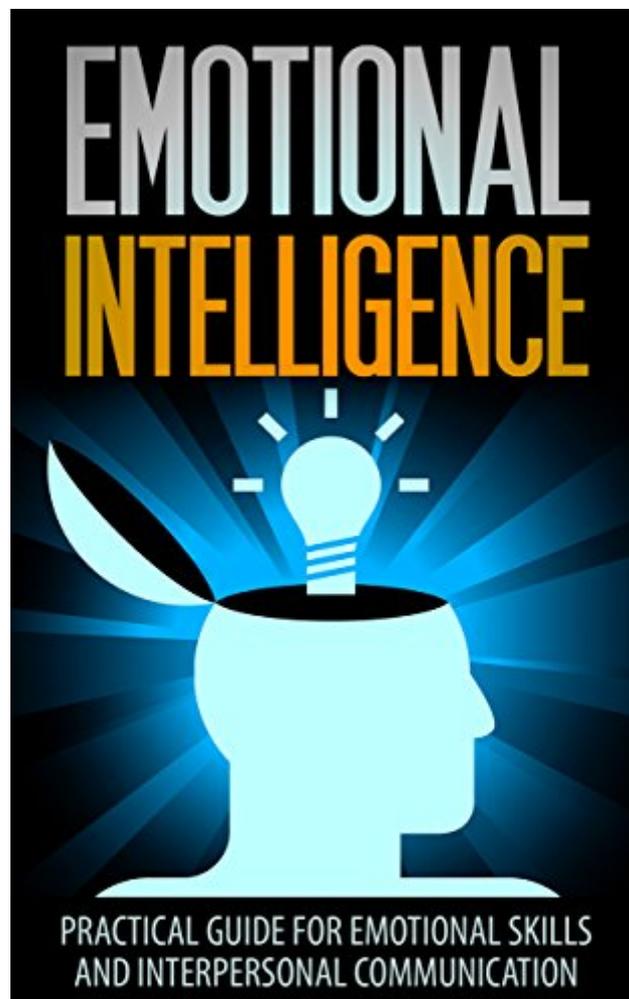


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# **Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness)**





## Synopsis

Do You Want to Develop Your Emotional Intelligence?! Today only, get this bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book contains proven steps and strategies on how to develop emotional intelligence. Over the past few decades, research has found that intelligence, cognitive abilities, and chances for success are not only measured by how smart a person is. Emotional intelligence or EQ is just as vital as IQ or intellectual intelligence. Learn more about emotional intelligence in this book. You need this book. Here is a preview of what you'll learn... What emotional intelligence is What emotional intelligence includes What emotions are How emotions are formed How emotions affect our lives How to manage emotions How to apply emotional intelligence Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$0.99!

## Book Information

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## Customer Reviews

This book is very short and shallow. The main book is less than 30 pages long. (20% of the book is a preview of another book) It enumerates some aspects of emotional intelligence but doesn't give

any in-depth information. And the writing style is very boring. It reads like a wikipedia article. If you're looking for in-depth and practical information about emotional intelligence, look elsewhere.

After reading this book i understand the difference between intellectual intelligence and Emotional intelligence, and how to improve emotional intelligence and why emotional intelligence is just so important. It also gives answers to the question why EQ or emotional intelligence often means more than our actual IQ. Emotional health and emotional intelligence are important aspects of your day to day life. If you are not emotionally intelligent, then there is a greater likelihood of unhappiness, failed relationships, and other negative consequences. I think both of these books give you a great look into how to prove your overall well-being. Emotional intelligence can help you foster better relationships and a better understanding of yourself while the benefits of happiness are self-explanatory. This book will help you learn and learn how to handle your emotions in a smart way.

The book is a nice reference for a person who wants to understand more about EQ and IQ. It's direct and on point with its explanation. It's a nice read especially for people who are not into long reads or those who have little time to read. My only critique for the book though is the price. I think the price is bit too much compared to the size of the book, other than that I think the book is okay.

Emotional intelligence is important for every human being. This book provides information that will help anyone develop their emotional intelligence. It will also teach you how emotions are formed, how we can manage them and how to apply the emotional intelligence.

Impressive! This book is an ultimate guide on how to manage emotions. We should be the one controlling our emotions and not the other way around. This book explains emotional intelligence and shows you how to develop your EQ. The tips from this book will help you transform and have positive emotions as you go on with your life. Really worth recommending!

Very informing book! Emotional intelligence is the ability to identify and manage your own emotions and the emotions of others. All emotions have a purpose, that is, they have a functional aspect and help us to communicate. The reason I purchased this book is to get learning on the most proficient method to handle troublesome times of my life and have the capacity to think precisely so my choice would be correct. Really worth recommending!

This is a very helpful guide. The best news is that "emotional literacy" is not fixed early in life. Every parent, every teacher, every business leader, and everyone interested in a more civil society, has a stake in this compelling vision of human possibility. This book enumerates the skills of emotional intelligence, and shows how they determine our success in relationships, work, and even our physical well-being. What emerges is an entirely new way to talk about being smart.

Emotional intelligence is as important as the IQ and this book shows how we can harness EQ. After reading this book, my knowledge about emotional intelligence widened. It helped me learn about methods on how I can boost it and as well as sharpen it in about a month's time. The instructions were clear and concise. The topic discussions and explanations were very interesting. I love the part where the author teaches how we can maintain the level of emotional intelligence that we have. This book is both informative and helpful. This book is worth sharing to everyone.

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