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Emotional Intelligence Ryan James,2018-04-18 Do you possess all the qualities required to succeed at work Do you have what it takes to build fulfilling gratifying and rewarding personal relationships What if you were told there is a super power that exists within all of us to help us enjoy more satisfying personal and professional relationships The secret sauce for building solid personal and business relationships is unfortunately not what we learn in educational institutes It isn t technical expertise or fancy degrees or knowledge The most crucial factor for success in life is an attribute called Emotional Intelligence The best part is unlike intelligence quotient you can actually go ahead and increase your Emotional Quotient with some of the most powerful emotional competency building strategies Emotional Intelligence The Definitive Guide to Understanding Your Emotions How to Improve Your EQ and Your Relationships tells you everything you want to know about emotional intelligence including Introduction and Origins of the Concept of Emotional Intelligence Difference between Intelligence Quotient and Emotional Intelligence Solid Benefits of Emotional Intelligence Proven Strategies for Boosting Your Emotional Intelligence Tons of Real Life Examples of Emotional Intelligence and much more

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the motivations behind our actions can help us live with intention instead of living through knee jerk reactions and blaming where we are on factors outside of our control This book covers Conflict Management Importance Of Emotional Intelligence In Your Daily Dealings Making Yourself More Approachable Self Evaluation Techniques and Exercises What EQ Consists Of Observing and Expressing Your Emotions Controlling Your Emotions How to Deal with Internal Dialogues And much more 55% OFF for Bookstores NOW at 15 29 instead of 33 97 LAST DAYS You will Never Stop Using this Awesome Book Buy it NOW and let your customers get addicted to this amazing book *Mastering Emotional Intelligence*. Lukas Engelbrecht,2023-03-27 In this comprehensive guide you will learn how to develop and enhance your emotional intelligence to achieve greater success and happiness in life Emotional intelligence is a vital skill that enables individuals to understand their own emotions and the emotions of others manage their feelings effectively and communicate in a way that fosters positive relationships This book covers the five components of emotional intelligence self awareness self regulation motivation empathy and social skills You will learn practical strategies for developing each component including techniques for improving your self awareness managing your emotions building stronger relationships and leading with empathy You will also discover the benefits of emotional intelligence in various settings including the workplace personal relationships and leadership roles Written in an engaging and accessible style this book provides a wealth of knowledge and practical advice that you can apply in your daily life Whether you are a professional seeking to enhance your leadership skills an individual looking to improve your personal relationships or simply someone who wants to live a more fulfilling life this book is for you So if you want to master emotional intelligence and achieve greater success and happiness in life this is the ultimate guide for you Get your copy today and start your journey towards emotional mastery Emotional Intelligence David Morales,2017-04-09 Emotional Intelligence How To Improve Your Emotions And Self Awareness An Ultimate Guide To EQ Mastery Do you often react in ways that you regret later Do you find it almost impossible for you to control your emotional reactions to different stimuli whether good or bad Well the truth is even during good times it is not always that we want to show our excitement to others Think about it you don t want to look overly excited when you are about to win a game of poker do you The same applies to undesirable emotions If you have angry outbursts at the slightest provocation break down into tears when faced with challenges and have a hard time dealing with challenging situations such that you snap at people regularly you need to do something about it This something is what we refer to as building emotional intelligence and this book will show you exactly how to go about it In this book you will discover what emotional intelligence is and how to build your emotional intelligence so that you stop following where your emotions lead you to Instead you will be the one in charge of your emotions such that you react in whichever way you want effortlessly More precisely this book will teach you the following What emotional intelligence is and what it entails Why you need emotional intelligence The components of emotional intelligence A step by step formula that will help you develop emotional intelligence How to understand other

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Emotional Intelligence Samantha Scott,2021-01-07 Are you a person that often understands how others are feeling Do you understand your own emotions Or are you someone that is always confused as to how other people feel Do you have trouble looking at something from another person's point of view Do you want to change your life but you're unsure of where to begin If you feel like you could use help in any of these areas then this book is for you In this book you'll learn What is Emotional Intelligence EI Attributes of people with low Emotional Intelligence Attributes of people with high Emotional Intelligence How can Emotional Intelligence benefit you Why should you increase your level of Emotional Intelligence The benefits of high EI in the workplace The benefits of high EI in relationships How to increase your Emotional Intelligence Strategies for increasing your EI Controlling and managing your emotions The benefits of having and showing empathy Reflecting on and understanding your emotions How to begin understanding your emotions The importance of maintaining a high level of EI And so much more The above topics will not only provide you with many tips and methods for improving your Emotional Intelligence but they will also give you a strong basic understanding of what Emotional Intelligence is and how it functions By understanding what it entails you'll be more invested in the process which will prevent you from giving up early This book is effective because it teaches you how to employ realistic and useful habits and techniques that anyone can use to increase their Emotional Intelligence The concepts within this book are easy to understand and apply as long as you keep an open mind and a learning mindset With this book you'll find that your life will change in many ways By increasing your level of Emotional Intelligence you'll find that your relationships grow stronger and more intimate your workplace performance and relationships increase and that your life as a whole becomes more enriched You'll thank yourself for reading this book for years to come This book contains a wealth of solutions that you can begin to put into practice immediately for you to make lasting changes in your life Start your journey to Emotional Intelligence today Grab your copy of Emotional Intelligence now

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