



Emotional Intelligence: Understand Emotional Intelligence To Improve Self Management and Increase Your Social Skills (Emotional Intelligence, Emotional ... Goleman, Emotional Intelligence at Work)

Matt Morris

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Emotional Intelligence

Are Your Emotions Holding You Back In Your Relationship, Work, and Life?

If so, then this book was written for you because it will give you a powerful perspective shift on how you feel and respond to others. It will offer you new ways so that you can use your emotions to increase productivity and feel happier at work.

Until recently, intelligence was based primarily on cognitive functions. However, today, most researchers have indicated and proved that *emotional intelligence* is just as important for achieving success, as is cognitive intelligence. As a result, people have started and will continue looking at this domain of intelligence as an indicator to ones level of *happiness and success in life*.

LEARN::

- Why Emotional Intelligence (EQ) Is As Important As Intelligence (IQ)
- How To Increase Your Ability To Understand Your Feelings, Motives, and Desires
- How To Increase Your Ability To Respond To Uncomfortable Situations
- How To Boost Your Social Awareness
- How To Comfortably Interact With Others
- And Much More!

Imagine How It Will Feel Once You Understand Your Feelings, Motives, and Desires...

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