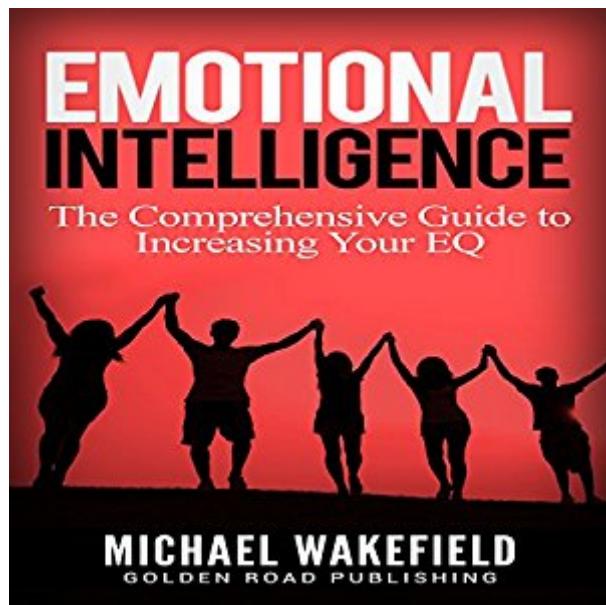


The book was found

# 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

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## 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 our 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.

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