



Emotional Intelligence: How to Succeed by Mastering Your Emotions and Raising Your IQ (Paperback)

By Michele Gilbert

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Learn: That NO matter where you are in your life, how old you are, or how many times you ve messed up in the past, YOU HAVE THE POWER TO CHANGE With your courage, commitment, and conscious action, you will experience a new quality of life that conforms to your passion and purpose, rather than trying to trick yourself into believing that your current circumstances are right for you. Ask yourself some questions: - How am I feeling right now? - What is the name or label of that emotion? (i.e. sadness, excitement, anxiety, etc.) - What shade of that emotion am I feeling? (i.e. anger can range from frustrated and annoyed to infuriated and raged) - Where in my body do I experience that feeling? - What triggered, and continues to trigger, this emotion? You Will Learn: What Emotional Intelligence REALLY Is Why EQ Determines A Person s Life Success Top Keys to Develop Your Emotional Intelligence REALLY Would You Like To Know More? Tags: emotional intelligence test, emotional intelligence at work, Leadership, communication skills, emotional intelligends and children, Success,...



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