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10 WAYS TO ENHANCE EMOTIONAL INTELLIGENCE



Emotional Intelligence For Beginners

Phillip Carson



Emotional Intelligence For Beginners:

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Daniel Focus,2019-11-11 If you re thinking to learn to understand your feelings and you want to improve your personal relationships the best solution for you is to start an inner journey to find your Emotional Intelligence That means you will be able to reach a balance between mind and body getting acquainted with your own feelings and juxtaposing them with other people s feelings Goleman says that some characteristics of emotional competence are essential in order to live a full and emotionally balanced life What will we be able to do with a high emotional intelligence If we ever found a way to increase it would we be the same then Now imagine you have taken a group of children at the park One of them starts crying because the others don t want to play with him What do you do You stay out of it you let the children handle the question themselves You talk to him trying to help him understand what to do You try to calm him down gently You try to distract the crying child with other possible toys or games In which one of these four people do you reflect yourself Only you know it it s your little secret I m sure that after you realize how to take advantage of the main Emotional Intelligence technique for achieving your goals your answer to the questions above will never be the same Why Because you ve discovered you ve understood you ve become a better person You will not be a better person to me of course Neither to the others You will a better person to yourself and this is all that matters So that you can have better social and familiar relationships being able to grow more valuable relationships at work and having more possibilities to understand yourself too All this is called MAJOR PSYCHOLOGICAL WELL BEING Thanks to this book You ll get acquainted with the 5 basic principles that rule the emotional intelligence You ll be able to control your emotions exploiting them to reach success at workplace You ll be able to command the main technique to use in order to change your mind and increase your emotional intelligence You will also get a plan of action to use immediately after the reading Why do many people choose to study this very popular topic Because Emotional Intelligence is more important than your technical abilities to reach professional growth Because thanks to this people will listen to you and understand you better Last but not least because the lack of emotional intelligence makes us do terrible mistakes which can jeopardize our professional career Don t wait and start studying now all these simple steps to become a better person Remember that at the end of the book you will find a plan with all the tools that can help you practicing

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Table of Contents Emotional Intelligence For Beginners

1. Understanding the eBook Emotional Intelligence For Beginners
 - The Rise of Digital Reading Emotional Intelligence For Beginners
 - Advantages of eBooks Over Traditional Books
2. Identifying Emotional Intelligence For Beginners
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Emotional Intelligence For Beginners
 - User-Friendly Interface
4. Exploring eBook Recommendations from Emotional Intelligence For Beginners
 - Personalized Recommendations

- Emotional Intelligence For Beginners User Reviews and Ratings
- Emotional Intelligence For Beginners and Bestseller Lists
- 5. Accessing Emotional Intelligence For Beginners Free and Paid eBooks
 - Emotional Intelligence For Beginners Public Domain eBooks
 - Emotional Intelligence For Beginners eBook Subscription Services
 - Emotional Intelligence For Beginners Budget-Friendly Options
- 6. Navigating Emotional Intelligence For Beginners eBook Formats
 - ePub, PDF, MOBI, and More
 - Emotional Intelligence For Beginners Compatibility with Devices
 - Emotional Intelligence For Beginners Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Emotional Intelligence For Beginners
 - Highlighting and Note-Taking Emotional Intelligence For Beginners
 - Interactive Elements Emotional Intelligence For Beginners
- 8. Staying Engaged with Emotional Intelligence For Beginners
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Emotional Intelligence For Beginners
- 9. Balancing eBooks and Physical Books Emotional Intelligence For Beginners
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Emotional Intelligence For Beginners
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Emotional Intelligence For Beginners
 - Setting Reading Goals Emotional Intelligence For Beginners
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Emotional Intelligence For Beginners
 - Fact-Checking eBook Content of Emotional Intelligence For Beginners

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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