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10 WAYS TO ENHANCE EMOTIONAL INTELLIGENCE



Emotional Intelligence For Beginners

Nicole Gladwell



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Emotional Intelligence Phillip Carson, 2016-08-19 This book is an introduction to the concept of emotional intelligence It can be considered a general reference manual that explains the meaning of the term lays out its historical development includes a discussion of IQ versus

EQ and suggests meaningful ways you can increase your own emotional intelligence The book is packed with time tested strategies expert pointers and practical wisdom to help you understand and apply the concept of emotional intelligence in your everyday life By reading Emotional Intelligence A Beginner s Guide and implementing the tried and tested strategies suggested in it you are likelier to find yourself evolving into a more emotionally intelligent and balanced person who is adored by others If you don t develop your emotional skills chances are people less knowledgeable and less technically competent than you will surge ahead due to their superior people management abilities and social skills It s time for you to become an emotional intelligence superstar and lead a more rewarding fulfilling and meaningful life This book will help you do just that

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