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10 WAYS TO ENHANCE EMOTIONAL INTELLIGENCE

Emotional Intelligence For Beginners

Christian G. Meyer

Emotional Intelligence For Beginners:

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Emotional Intelligence for Beginners K. L. Hammond,2018-01-23 Did you know that your IQ is only a tiny portion of your overall intelligence and that it doesn t necessarily indicate how successful you will be in life If that s true what is the most reliable indicator for the level of success you ll experience Emotional intelligence also known as EQ In Emotional Intelligence Emotional Intelligence for Beginners you will learn What is Emotional Intelligence In the introduction and throughout the book well focus on giving you a comprehensive definition of this term and show you how it matters to you Are you born with this type of intelligence or can it be developed How can you develop it The History of the Term Who coined the term emotional intelligence How has it become a popular field of study in psychology and how has it changed the way we view personality How It Can Benefit You In what ways can developing your emotional intelligence benefit you in life What specific

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