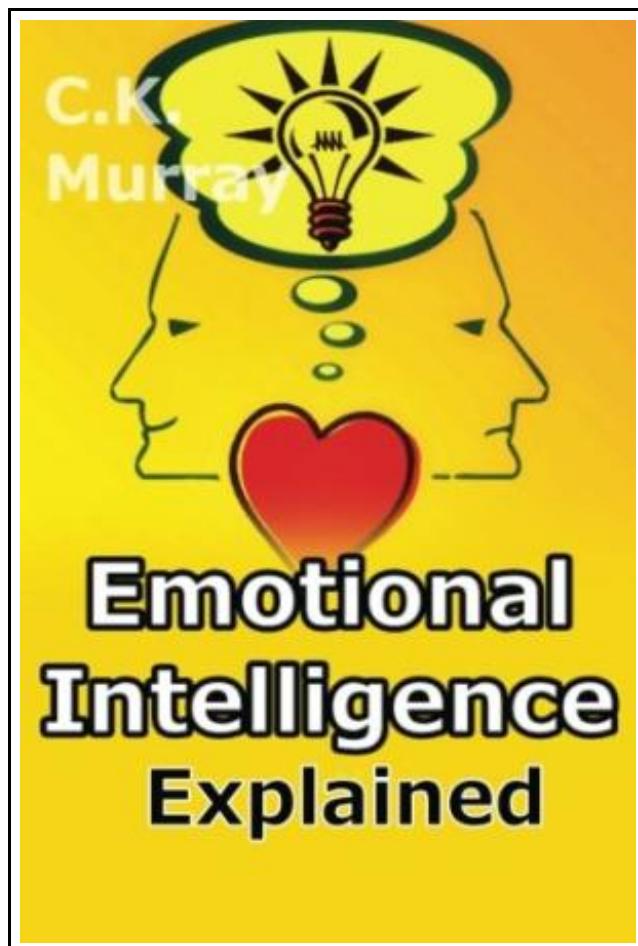


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Emotional Intelligence Explained What's your EQ? Do you find that your heart and your brain aren't always on the same page? Have you ever struggled with keeping your feelings in check, with knowing how to act and how to feel, with managing stress when life got tough? How about your interpersonal relations? Are your communication skills not where they could be? What about your leadership skills? Do you have any idea how important EQ is for emotional health? Truth be told, we live in a highly socialized age. And it doesn't matter who you are or what you do, Emotional Intelligence has the power to change everything. Also known as EQ, Emotional Intelligence is the gateway to success, and the key to emotional health. Normal intelligence is only a small part of the equation. Technical skills are only a small part of the equation. Getting good marks on this test or that exam can only mean so much if you aren't smart where it really counts. Because we live in an interconnected world, emotional intelligence is a must. Interpersonal skills can make or break our ability to succeed. If you don't possess the soft skills, communications skills or leadership skills necessary, you're going to underachieve. Business relationships may suffer, and your EQ will plummet. Having intelligence is one thing. Knowing what to do with that intelligence, is something entirely different. Think for a second about human beings. As much as we like to think we're mostly rational, are we? People are driven by emotion, from the most insignificant choices to the most monumental decisions. We like to think that we're...

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