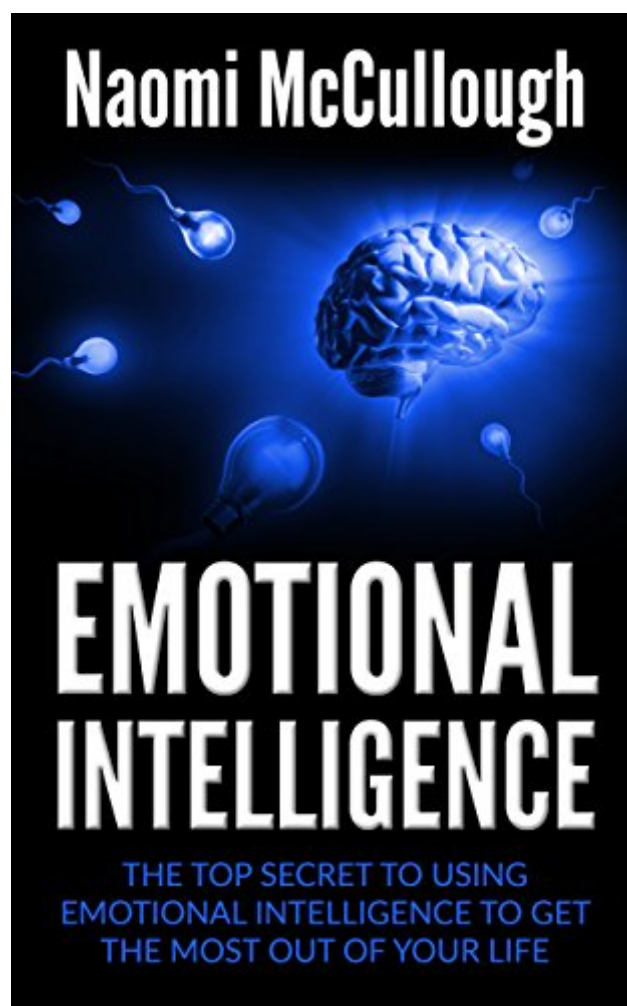




Ebook Directory
the best source of ebook

The book was found

Emotional Intelligence: The Top Secret To Using Emotional Intelligence To Get The Most Out Of Your Life



Synopsis

"As human beings, we all want to be happy and free from misery... we have learned that the key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions such as anger, attachment, fear, and suspicion, while love and compassion and a sense of universal responsibility are the sources of peace and happiness." • " Dalai Lama

"In my 35 years in business, I have always trusted my emotions. I have always believed that by touching emotion you get the best people to work with you, the best clients to inspire you, the best partners and most devoted customers." -Kevin Roberts

"When awareness is brought to an emotion, power is brought to your life." • " Tara Meyer Robson

Are you good at reading the intentions of others? Do you know how to manage your knee jerk reactions when someone insults you? Do you wish you could empathize more with the way others feel? You may know your IQ, and if it is a very high number then you should be very proud of your intellectual ability, but what about your EQ? That's right, do you know your Emotional Intelligence? So, why is it important that we understand emotional intelligence? You've probably noticed that it's not the smartest people that are the most successful or the most fulfilled in life; being clever, talented or skilled is not enough. In fact, Emotional Intelligence accounts for nearly 90% of the difference between average and highly successful people. In life, we tend to live up to certain values and qualities in order to lead life rightfully and to the fullest. Little did we know some of these qualities are connected in enhancing our emotional intelligence? This book will show you how. Emotional intelligence can help you to gain control over your own emotions, rather than letting them take over you and making you react in a way that you are not proud of later on, as well as recognizing the emotions of others around you. We will take a look at how to observe and express your emotions, how to increase your self-awareness, and even how to apply your newfound emotional intelligence in the workplace and your relationships. This book aims to help you develop this new skill set that will enable you to build your emotional intelligence and use your emotions to create positive experiences in your life. The goal is to enhance the way you think, bring success in your workplace, improve your relationships with others and deliver happiness. Reading this book will help you have a better understanding of the role of emotional intelligence in your personal self-development. You may be physically strong, intellectually gifted, and financially stable, but you may have big and deep issues and concerns about handling your emotions Here is a preview of what this book will offer:

Understanding of Emotional Intelligence
Observing and Expressing Your Emotions
How to Master Your Emotions
Increasing Your Self-Awareness
Meditation and Mindfulness
How to Apply Emotional Intelligence in the Workplace and Relationships
How to Uncover Negative Emotional

Patterns Strategies for Improving Your Emotional Intelligence And Much, Much More! Final Words: Even if you think you know everything discussed here, give this book a shot. It's a short, informative and entertaining read, and you may pick up some valuable tools and new ways of thinking you've never read or heard of before. Would You Like To Know More? Scroll to the top and Grab your copy now! You won't be disappointed! 100% Satisfaction Guarantee! I've put my all into this book, but if you're not entirely satisfied with it, you may return it within seven days as per 's refund policy

Book Information

File Size: 1289 KB

Print Length: 69 pages

Simultaneous Device Usage: Unlimited

Publisher: TÃfÂ©nzy Publisher (August 6, 2017)

Publication Date: August 6, 2017

Sold by:Â Digital Services LLC

Language: English

ASIN: B074MKXHGV

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #84,456 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 inÂ Kindle Store > Kindle eBooks > Arts & Photography > Dance > Modern #8 inÂ Kindle Store > Kindle eBooks > Medical eBooks > Nursing > Mental Health #10 inÂ Books > Arts & Photography > Performing Arts > Dance > Modern

Customer Reviews

I like to read books about Emotional Intelligence. I think this book is helpful and actual for everyone nowadays. What strange creatures we are! This book is informative and easy to read. The author gives us the information what Emotional Intelligence is and how to control over our own emotions. The strategies and recommendations are very detailed and easy to follow. This is also a book of motivation that will help you become more positive, peaceful and intelligent should you follow the

teachings within the book. I recommend this book to everyone who wants to learn more information about Emotional Intelligence. It is worth reading.

When you understand clearly what emotional intelligence is and why you need to improve this intelligence, you will be very close to achieving this intelligence on a higher standard. I think this book will surely win to let you understand clearly what emotional intelligence is? And you will find this book more interesting to read when you achieve that. At least it works for me, now i think i understand what emotional intelligence is and i find this book really helpful with some great tips and guides for me to follow and go for what i want from my society, my family my friends and my workplace. Definitely worth a recommendation.

This book is a comprehensive explanation, and self-help guide to becoming emotional intellect and its provision for same is detailed with an astronomical amount of value. I am clearly confident that anyone looking to learn more about EI or who want to become the best that they can be in life and with success; read this book. This is one of the best books on the topic of Emotional Intelligence I've ever read, and also one of the best books about EQ on Kindle, when you compare the value it provides versus the price.

It is a Great book!!! Perusing this book is an incredible ordeal for me, as now i think i unmistakably comprehend what the Emotional Intelligence is and this is the most significant piece of this book and this is the place this book stands separated from every one of the books i have perused about Emotional Intelligence. When i comprehend it i can understand what i ought to do and what i should not. This is likewise a book of inspiration that will enable you to wind up plainly more positive, serene and wise should you take after the lessons inside the book. I like it and completely recommended it for all..

This book can help you to gain control over your own emotions, rather than letting them take over you and making you react in a way that you are not proud of later on, as well as recognizing the emotions of others around you. This has really helped me and I will continue to use it as a reference. This book is a good introduction to the concept of emotional intelligence and how you might use it in your own life. Overall it was a great read.

This book is fully loaded by wisdom that what will give you ways to understand your thoughts,

why you think that way, deal with your internal conflicts, and embrace positive emotions. What's more, it systematically teaches you to go through your own thinking process, guides you to analyze it, and helps you come up with effective and actionable solutions. Great read so far and is on my list to read again.

Very interesting and informative. Understanding emotional intelligence is really important. I feel like I finally read the book that people have been talking about for years and think we should all read it. We pay dearly when we push aside our emotional realities under the guise of it being "touchy feely" instead of indicators of what thoughts we are attached to that are creating our reality.

With all the focus and media attention on emotional intelligence it is important to learn the facts about this theory. With its focus on the people side of management and leadership, EI skills are in high demand in many workplaces. Very good article and has cleared some of the doubts related to EI.

[Download to continue reading...](#)

Emotional Intelligence: Why You're Smarter But They Are More Successful (Emotional intelligence leadership, Emotional Quotient, emotional intelligence depression, emotional intelligence workbook)
Emotional Intelligence: The Top Secret to Using Emotional Intelligence to Get the Most Out of Your Life
Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4)
Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3)
Emotional Intelligence: Why it can matter more than IQ (Leading with Emotional Intelligence)
Emotional Intelligence: How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions, how to read ... problem solving, communication Book 3)
Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions)
Top Secret Files: The Civil War: Spies, Secret Missions, and Hidden Facts from the Civil War (Top Secret Files of History)
Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt)
Travel Hack Your Way Through Quebec City, Canada: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay
Travel Hack Your Way Through Szczecin, Poland: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay
Travel Hack Your Way Through

Bordeaux, France: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through Frankfurt, Germany: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through Seville, Spain: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through Madagascar: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through Andorra: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through Tunisia: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through Fiji: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through Federated States of Micronesia: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay Travel Hack Your Way Through New Caledonia: Fly Free, Get Best Room Prices, Save on Auto Rentals & Get The Most Out of Your Stay

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)