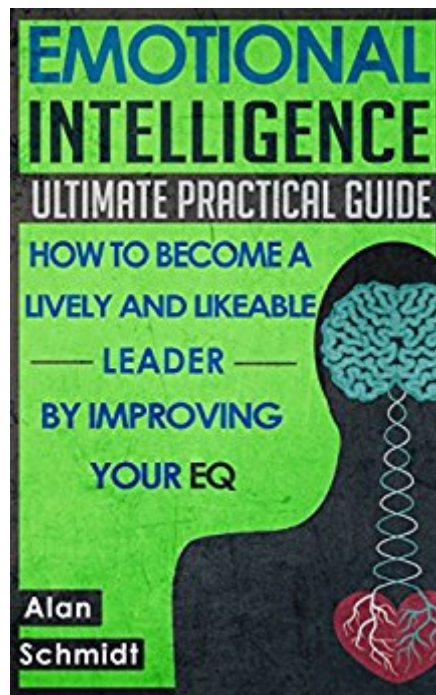




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# Emotional Intelligence: Ultimate Practical Guide: How To Become A Lively And Likeable Leader By Improving Your EQ (Positive Psychology, Interpersonal Skills, Emotions)



## Synopsis

The Hidden SECRETS Of Emotional Intelligence: The Ultimate Practical Handbook That Reveals The Proven Techniques Which REALLY improve EQRead on your PC, Mac, smart phone, tablet or Kindle device RIGHT NOW.Do you know someone who is good at managing their emotions? Someone who is good at expressing their thoughts, hopes and even their most personal feelings in a clear and appropriate manner? Someone who is great at handling other peoplesâ™ emotions, even during awkward situations? Someone who is a LIKEABLE LEADER type of person. If so, then this person is emotionally intelligent.If you are emotionally intelligent, you are the master of your own feelings. You know how to survive a bad mood without it ruining your day, and you know how to use your emotional energy wisely. If your EQ (Emotional Quotient â€” a measure of emotional intelligence) is high, then you know exactly how to ride out even the most difficult problems that life throws at you, with your sanity and dignity intact.This book is a must have for you:If you want to beat mental overload and depressionIf you want to get rid of this heavy feeling in your gut every time you think about your futureIf you are ready to be the person that everyone is looking up to at workIf you want to be a positive example for your family and friends If you want to naturally improve your sexual charismaIf you want to finally apply logical knowledge in an effective way and feel energized and alive as a side-effectFor a long time, traditional intelligence â€” what we refer to as â€”intelligence quotientâ™ or â€”IQâ™ â€” was seen as the only kind of intelligence worth bothering with. Someone with a high IQ is usually good at tasks like solving logic puzzles and solving equations. If youâ™ve ever taken an IQ test, youâ™ll know that they measure these kinds of mental abilities, but simply ignore skills relating to emotions and relationships.This book will show you why Emotional Intelligence is the most important asset you have; not only that, but it will show you how you can easily improve it.Youâ™re about to learn:Why people gather information about Emotional Intelligence by reading books, but still fail at improving it (hint: reading about swimming doesnâ™t make you a good swimmer)The 3 most effective power-tools to actually improve your EQ drastically, in just 21 daysHow to make the consistently best decisions available to you at work and in your relationships How to be the â€œMister Spockâ€• (rational thinker) AND the â€œNelson Mandelaâ€• (emotionally intelligent leader)How to dissolve emotional stress within a few minutes by using a weird new techniqueMuch, much moreEQ can be cultivated systematically in a short period of time and it can be maintained with just a few minutes of practice every day. So, why doesnâ™t everyone do it? Because many people havenâ™t experienced the power of practical Emotional Intelligence. They donâ™t understand the impact it can have on their confidence and on the people that surround them. If you are ready for the practical secrets of EQ, then you are about to

read a book that will change your life fundamentally. Don't lose any more time with other EQ guides that are informative but don't DELIVER. There is an EASIER, FASTER & MORE EFFICIENT way to improve your EQ. And you can do it by following this insanely practical, step by step guide! Scroll Up & Download Your Copy Now!

## **Book Information**

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## **Customer Reviews**

It didn't have any new information. Everything on here was regurgitation of information you can find on the internet.

I guess I was looking for a more thorough lessons on ei. This had nothing new to teach me unfortunately.

The "ultimate?" No, that's too much of a reach. Good, basic EQ discussion at best with some utility for the reader. I would call the book an EQ primer.

I've heard of mindfulness, positive thinking and other similar stuff etc etc. I read of emotions and intelligence, but not the two terms together like emotional intelligence. In a nutshell, a person who is emotionally intelligent "can manage their emotions, can handle others' emotions even during awkward moments, and can express their emotions, thoughts and hopes to others". There is a good deal of explanation on thinking with emotional intelligence compared to rational thinking. Actually the pros of emotional thinking are highlighted. There are even some exercises on managing emotions. This is a good book to understand how to handle many unexpected situations in life, particularly if it's a leadership role. I can't explain how much 'fault' I found in my behavior after I read this or easily said I was like a person with a low EQ (Emotional Quotient - measure of emotional intelligence).

I had not enough idea about Emotional Intelligence by which one can control own emotions in so many situations. After reading this book the concept of emotional intelligence is clear to me. This book will help you to realize what emotional intelligence is and how does it affect an individual. This book explained everything very clearly on this topic. It opens my mind how we consider feelings and emotions to be successful personally and professionally. The author did an excellent job helping the reader understand Emotional Intelligence. Huge thanks to the author.

I never imagined that EQ is more important than IQ, not until I got this book. I must say that I was enlightened on what are the advantages in having high EQ, emotional quotient, than being a genius or knowledgeable to anything. Being in a team and being part in a fast phase industry would really give you a pain in your back, and extra patience and understanding in dealing with every people that you encounter that has different attitudes would mean you having a great public relations. Thanks to this book I now have extra information on how to enhance and maximize my emotional intelligence, it may not that good as of the moment, but I know it will improve. I can say that this book is not just a non-sense type of context and it really would give you in-dept idea on how to improve your self.

This book provided me a lot of information about emotions, for obvious reasons. And I loved it. I always try to be better a better person, a person in control and I believe that you should never stop learning and growing. Overall, I think that this book is one of those eye-openers for everyone. For

example it got me thinking a bit of good feelings from the past and that is something really motivating. The book also brings up benefits from meditation and affirmations, which I'm also practicing in everyday life. Highly recommended book!

Living in this world needs a better emotional intelligence to live and survive. Because people who knows how to control their emotions will probably beat mental overload and depression. Sometimes I can't control my feelings and emotions because I am not good with it. Trying to know more my own behavior is what I want to learn now. This book has an idea that can give to a reader, like me, a better understanding between emotional intelligence. Great book for how to become a lively and likable leader by improving your EQ.

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