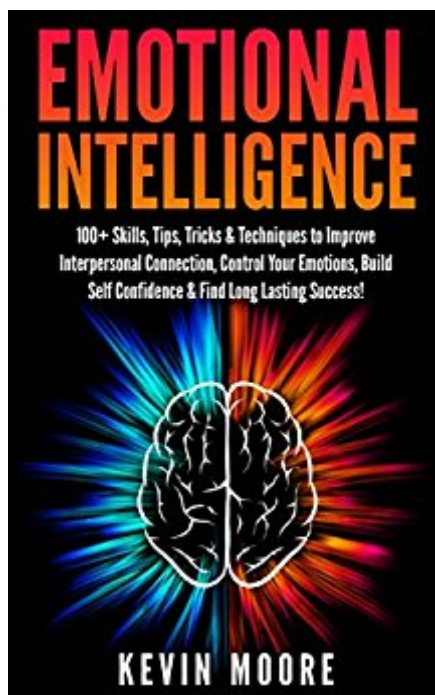


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# Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques To Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! (EQ Mastery)



## Synopsis

Want to Build Self Confidence? Looking to Learn How to Control Your Emotions? Want to Find Long Last Success? If you answered "YES" to any of the above questions then you'll want to learn about the important role emotional intelligence plays in your everyday life. What is emotional intelligence? Well, emotional intelligence is defined as our capacity to control, be aware of, and express our emotions, while handling our interpersonal relationships both empathetically and judiciously. Emotional intelligence also allows us to recognize other people's emotions and how to use that information to guide both our behavior and thinking. This book will teach you what you'll need to do to become more emotionally intelligent and therefore improve your interpersonal connections both at work and home. It will increase your sense of self-awareness and allow you to be in control of your emotional state letting you making smarter more informed choices instead of being clouded and negatively affected by your feelings.

Inside You Will Learn:

- An Introduction to Emotional Intelligence
- Self Perception & Emotional Intelligence
- Developing Emotional Intelligence In The Work Place
- Improving Interpersonal Skills & Social Interactions
- 100+ Skills, Tips & Tricks to Improve Your Emotional Intelligence
- A Guide to Emotional Intelligence Apps, Tests, Books, & Resources
- FREE Book on Mindfulness Included!
- And Much More!

After you've finished with this book, my hope is that you'll have learned some useful tips and strategies to help you become more emotionally intelligent. By becoming the best version of yourself you'll unlock countless opportunities to find success in both your personal and professional lives. Don't Delay. Download This Book Now.

## Book Information

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## Customer Reviews

I took a class in college about Emotional Intelligence and thought it was a very interesting and important concept to study. Learning how to control our emotions can help us get through just about any situation in a manner we can be proud of later on. I was happy to see that this book went deeper into depth than my class did. Definitely an informative read!

This book has been around for awhile but current MBA programs have begun focusing on emotional intelligence in the classroom. This is very interesting because I didn't know how powerful emotions can be to help us achieve goals. If you are just like me, you really need to have this book and learn how to boost your success with your emotions! Thank you for offering this book on , I really appreciate it. Thanks!!

This book was full of information about emotional intelligence! The resources in this book are amazing for building your self confidence something that has really helped me at work. It helps that the book is well written

Emotional intelligence can be seen as one of those mystery parts of self-help. For instance, what is EI anyway? And how can I tap into my own or perhaps improve it? This book covers essential information, it's helped me unlock a new me, and I'm sure it'll do the same for you. Worth a read!

GREAT book. This has really helped me and I will continue to use it as a reference. Enjoyed exploring how to increase emotional intelligence to be more effective. This is a must read for anyone looking to improve their emotional intelligence and relationships.

Excellent read. The book is well-researched, well-structured, beautifully written and offers a lot of valuable information. And it is perfect for those, who are keen to learn about emotions, how to

manage them, how to develop emotional intelligence and improve social skills.

This is best for people who can't handle stress and temper. I thought it will be impossible to control it. Or maybe expensive to consult a professional. This book made it possible for this advice to be handy. This just needs faith. It is really realistic to follow the advice. This is genius. I am so lucky to read this.

Overall it was a great read, lot's of excellent and practical points. The ending felt slightly abrupt but resources provided were an excellent consolation. It's an excellent tool to help understand the behaviors of others and actually become more sympathetic rather than judgmental.

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