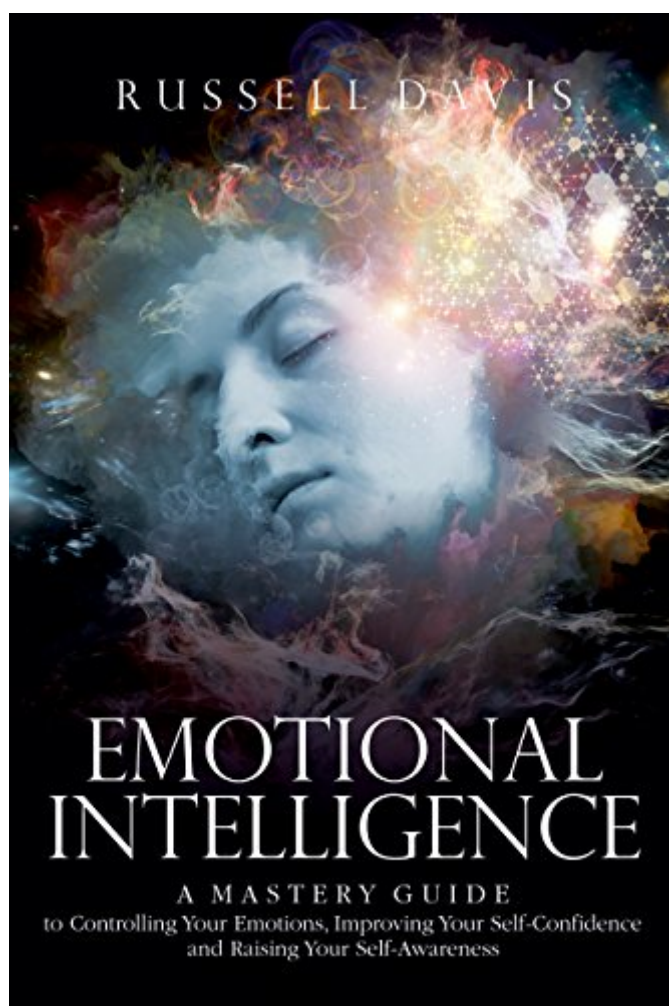


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# Emotional Intelligence: A Mastery Guide To Controlling Your Emotions, Improving Your Self-Confidence, And Raising Your Self-Awareness



## Synopsis

This book, "Emotional Intelligence: A Mastery Guide to Controlling Your Emotions, Improving Your Self-Confidence, and Raising Your Self-Awareness", is intended for individuals who want to gain emotional intelligence by knowing how to be confident, to master their emotions and self-awareness in dealing with other people. Experts have now discovered that IQ is not an accurate basis of predicting a person's success. EQ or Emotional Quotient (Emotional Intelligence) has more to do with success than IQ. This astounding discovery has now made people aware of the crucial role of EQ in their lives. Another surprising discovery is that EQ is not taught in schools. It's an essential part of success, but no one ever instructed students on how to become emotionally intelligent. This book will provide a self-help guide of improving your Emotional Intelligence. This will increase your chances of succeeding in your endeavors. Your high IQ is useless, if you don't have enough EQ. Specific examples are provided to make you understand clearly the principles and guides of EQ. There are lots of simple techniques with specific steps on how to do it. Have fun reading and learning!

## Book Information

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## Customer Reviews

A great concise read! This book provides a self-help guide of improving your Emotional Intelligence.

Eventually, this book is intended for individuals who want to gain emotional intelligence by knowing how to be confident, to master their emotions and self-awareness in dealing with other people. There are lots of simple techniques with specific steps on how to do it. Overall, this book gave a good perspective how to improve self-confidence and awareness by controlling our emotions. Indeed, this is absolutely a nice self-help guidebook.

This book has explained the importance of emotional intelligence and its information. This is one book everyone can gain a little something by reading and practicing these principles in daily life. The techniques provided on these pages, as well as the suggestion it gathered, are worth far more than five stars and I would consider this book to be a great bargain at twice the price. I sincerely recommend this set of books for everyone!

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