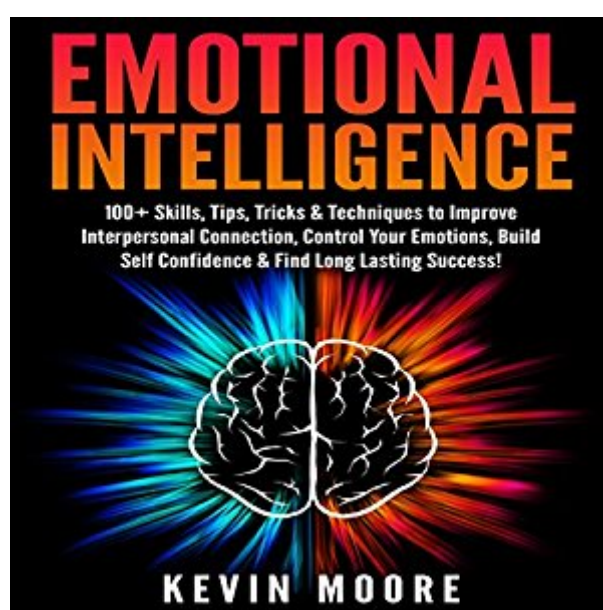


The book was found

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



Synopsis

Want to Build Self-Confidence? Looking to Learn How to Control Your Emotions? Want to Find Long-Lasting 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 our 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 at 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. In this book you will learn: An introduction to emotional intelligence Self-perception and emotional intelligence Developing emotional intelligence in the workplace Improving interpersonal skills and social interactions 100+ skills, tips, and tricks to improve your emotional intelligence A guide to emotional intelligence apps, tests, books, and resources 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 your professional lives.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 56 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Kevin Tinbergen

Audible.com Release Date: May 25, 2016

Language: English

ASIN: B01G4EXWIC

Best Sellers Rank: #5 in Books > Law > Rules & Procedures > Alternative Dispute Resolution

#76 in Books > Audible Audiobooks > Nonfiction > Law #190 in Books > Self-Help >

Communication & Social Skills

Customer Reviews

This book is an essential one for our life. It contains everything you need to know about Emotional Intelligence. By getting this guide you've shown that you're serious about improving yourself and growing emotionally as a person. Emotional Intelligence, often referred to as EI or EQ, is a major part of who we are as people and how we deal with the situations and people around us. I believe, working on our emotional intelligence is the most important aspect of personal development a person can undertake. 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 discusses emotional intelligence, the role it plays in our everyday lives, and how you can take what you've learned to become more confident, control your emotional state, and improve your relationships, both professionally and privately. This book also goes over some tips and tricks, along with a resource guide that I think you'll find useful. Everyone needs to try this book once.

This book is on point when it comes to knowing and understanding yourself, it has the basis of emotional intelligence but the results after reading this book were truly knowing oneself. I like this book because it covers every aspect of my daily life like emotionally, socially and personal relations. Excellent research to back up the author's points make this a clear and educational read. I highly recommend it.

This book teaches me and made me realize that emotional intelligence I possess can affect my life. All information that I gather here is well appreciated and inspired from the expert. This book has some tools which I find very inspiring like the ways to improve my Emotional Intelligence and avoid those types of conflict which can ruin my day. I'm beginning to love and appreciate myself more.

Intelligence is a great thing. I search to surround myself only with smart people, but this is not possible. Smart people aren't the easiest people to deal with, neither to make friends. I realized that more important than being smart, is being emotional smart. Emotional part is more important than gathering knowledge. For those who don't know anything about emotional intelligence this book is a great source of information.

I am the WORST during conversation about getting sidetracked and thinking of my own problems. My IQ is pretty high, so my mind is always busy, but my EQ could use some work. One of the most important things in developing your EQ is making sure to really pay attention and listen to the other

person. It's going to take me a while to work through the 100 tips in this book to help my EQ, but so far at least being aware of the tips in this book has helped me immensely.

I got this book in exchange to my honest and unbiased review and I can leave it with a great pleasure! This book taught me many important and helpful things. I have improved interpersonal skills and better my self - perception. This emotional intelligence guide has 100 simply amazing tips and hynys which can help you to better your living, perception, success greatly.

Emotional intelligence is as important as Intellectual Intelligence. It is imperative in all relationships much more in the workplace where success depends on teamwork and teamwork will never be achieved without relationships revolving around emotions. It should be looked into and inculcated in the learning and education of all people as this brings forth a direct effect in the progress of the individual and the community he is in.

What a great book this turned out to be, cant praise the author enough, in a sea pool of mixed advice out there, this book yet simple feels so real and so helpfull for your state of mind on your daily life and at the same time understanding the big picture of our nature as humans. Awsome job, really thankful. A step above average of whats out there. Thanks.

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

Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! (EQ Mastery)
Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Emotional Intelligence: Master Your Emotions- Raise Your EQ, Critical Thinking and Optimize Your Life (Emotional Intelligence, Critical thinking, EQ) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Enabling, Mind Control, Emotional Health & Happiness) 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly

(Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT)
Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt
(Self Esteem, confidence,doubt) Developing Emotional Intelligence: How to Improve Your EQ and
Achieve Success Diabetes: The Ultimate Step-By-Step Guide to Reverse Diabetes Forever and
Have Long-Lasting Success (Includes a 3-Week Diabetes Countdown Program and 25 Delicious
Superfoods Recipes) Superhero Killer Confidence: Easy Actions to Boost Your Self-Confidence
through the Roof, Overcome Your Fears and Break through Any Barrier: (Become Unstoppable and
Live Life to the Fullest) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self
Confidence, Self Awareness, Self Control, Mental Toughness Emotional Power: How to Understand
and Use Your Emotions to Propel Yourself to a Better Life Habits: How to Develop Strong, Positive
Habits Into Your Life for Long Lasting Change (Habits, Daily Routines, Exercise Habits, Habit
Stacking, Mindset) Organic Homemade Lotion: Over 50 Natural Recipes That Ensure Comfortable,
Soft Skin And Long-Lasting Hydration Navy Seal: Self-Discipline: Greatest Lessons of The
Toughest Soldiers: Self Confidence, Self Control, Mental Toughness, Resilience Brain Training:
Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers,
Improve memory, Improve focus, Concentration, Brain power) Interpersonal Process in Therapy: An
Integrative Model Treating Trauma-Related Dissociation: A Practical, Integrative Approach (Norton
Series on Interpersonal Neurobiology)

[Dmca](#)