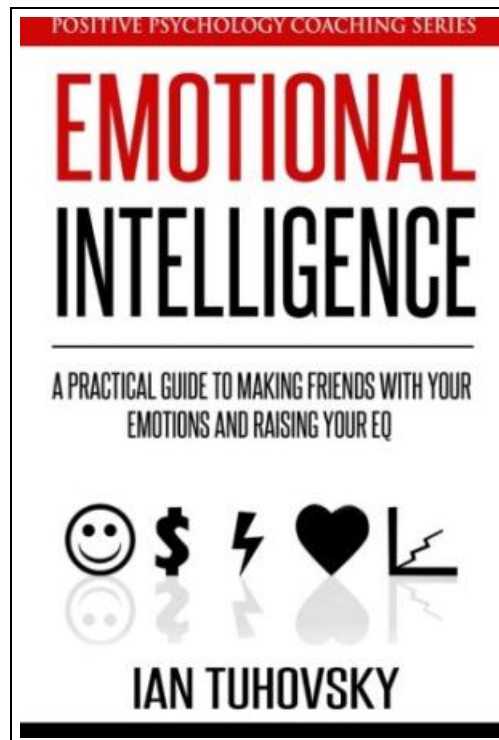


Emotional Intelligence: A Practical Guide to Making Friends with Your Emotions and Raising Your EQ



Filesize: 5.6 MB

Reviews

This publication might be well worth a read through, and much better than other. It is amongst the most incredible book i actually have read through. I am delighted to tell you that here is the finest book i actually have read through inside my own life and could be he best ebook for possibly.

(Aracely Hickle)

EMOTIONAL INTELLIGENCE: A PRACTICAL GUIDE TO MAKING FRIENDS WITH YOUR EMOTIONS AND RAISING YOUR EQ



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you believe your life would be healthier, happier and even better, if you had more practical strategies to regulate your own emotions? Most people agree with that. Or, more importantly: do you believe you d be healthier and happier if everyone who you live with had the strategies to regulate their emotions? .right? The truth is not too many people actually realize what EQ is really all about and what causes its popularity to grow constantly. Scientific research conducted by many American and European Universities prove that the common intelligence responses account for only less than 20 of our life achievements and successes, while the other more than 80 depends on the emotional intelligence. To put it roughly: either you are emotionally intelligent, or you re doomed to mediocrity, at best. As opposed to the popular image, emotionally intelligent people are not the ones who react impulsively and spontaneously, or who act lively and fiery in all types of social environments. Emotionally intelligent people are open to new experiences, can show feelings adequate to the situation, either good or bad, and find it easy to socialize with other people and establish new contacts. They handle stress well, say no easily, realistically assess the achievements of themselves or others, and are not afraid of constructive criticism and taking calculated risks. They are the people of success. Unfortunately, this perfect model of an emotionally intelligent person is extremely rare in our modern times. Sadly nowadays, the amount of emotional problems in the world is increasing at an alarming rate. We are getting richer, but less and less happy. Depression, suicide, relationship breakdowns, loneliness of choice, fear...



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Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-02-01 Pages: 33 Publisher: Chemical Industry Press Welcome Our service and...

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Trini Bee: You re Never to Small to Do Great Things

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Book: Trini Bee An Early Learning - Beginner...

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Animation for Kids with Scratch Programming: Create Your Own Digital Art, Games, and Stories with Code

Mentorscloud LLC, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. Think Logically. Present Artistically. The myth: Programming is only for kids who...

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Read Write Inc. Phonics: Yellow Set 5 Storybook 9 Grow Your Own Radishes

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 175 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

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**Accused: My Fight for Truth, Justice and the Strength to Forgive**

BenBella Books. Hardback. Book Condition: new. BRAND NEW, Accused: My Fight for Truth, Justice and the Strength to Forgive, Tonya Craft, Mark Dagostino, This is the true story of a woman who prevailed against the

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**Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet**

14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever told a little white lie? Or maybe a

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**Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One**

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide

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Createspace, United States, 2013. Paperback. Book Condition: New. Malgorzata Gudziuk (illustrator). Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you want to ease tension preschoolers have

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