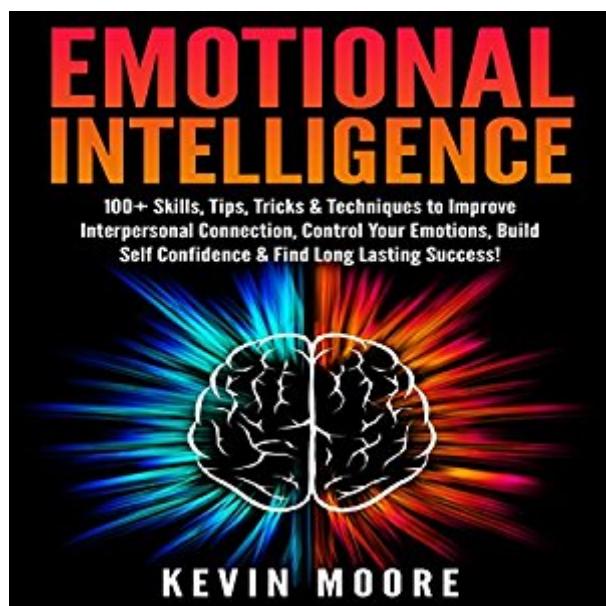


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# Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques To Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success!



## 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

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Communication & Social Skills

## Customer Reviews

This book is a essential one our life. Its contain 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 discuss, 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 be going over some tips and tricks , along with a resource guide that I think you'll find useful. Everyone need 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 was 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 realized that emotional intelligence I possess can affect my life. All information that I gather here are well appreciated and inspired from the expert. This book have some tools which I find it 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 hints 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, can't praise the author enough, in a sea pool of mixed advice out there, this book yet simple feels so real and so helpful for your state of mind on your daily life and at the same time understanding the big picture of our nature as humans. Awesome job, really thankful. A step above average of what's out there. Thanks.

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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)

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) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully

Control Emotions) 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) Confidence: Simple Confidence Building Tips That Will Destroy Your Shyness & Help You Become Confident In Any Situation, 3rd Edition (Self-Confidence, ... Anxiety,

Confidence, Charisma, Introvert) 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) NLP: Essential Crash Course to Harnessing the Power of NLP for: Mind Control, Hypnosis, & Self Confidence (Psychology of Success, Confidence, Motivation, Communication, Emotions, Behavior Book 1) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Enabling, Mind Control, Emotional Health & Happiness) Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) 10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly (Self-Confidence, Charisma, Introvert, Self Esteem, Success) (SUPERHUMAN IMPROVEMENT) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Developing Emotional Intelligence: How to Improve Your EQ and Achieve Success The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-regulation (Norton Series on Interpersonal Neurobiology) Navy Seal: Self-Discipline: Greatest Lessons of The Toughest Soldiers: Self Confidence, Self Control, Mental Toughness, Resilience Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today)

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