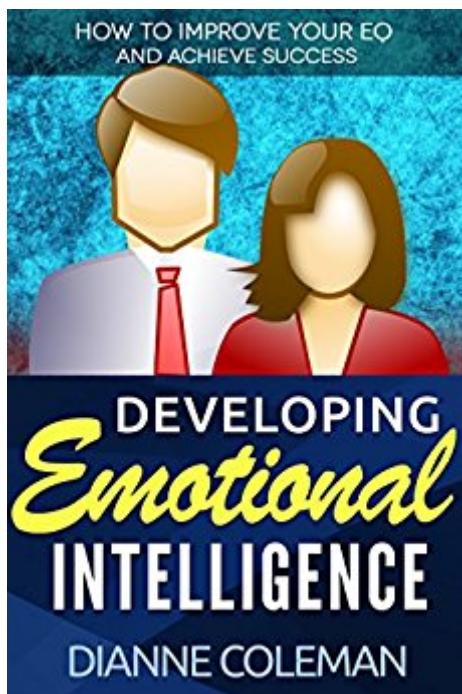


The book was found

Developing Emotional Intelligence: How To Improve Your EQ And Achieve Success



Synopsis

A Practical Guide to Improving Your EQ and Achieving Success

Have you ever known a person who seems to have the perfect response to every interaction? He seems to have himself all figured out, and everyone else, too. He not only has smooth social skills, he seems to have a strong inward focus as well. He sets good goals for himself and tends to accomplish them. Such a person has a remarkably good emotional intelligence and knows how to use it! Emotional Intelligence is the knowledge to carefully pay attention to your emotions, as well as those of other people. It is a set of competencies humans can use to operate in the world of emotions and feelings. Emotional Intelligence enables you to recognize, manage and articulate your emotions. It also allows you to appreciate interpersonal relationships intelligently and compassionately. It is thought by so many to be a sufficiently important and distinct set of skills that assessments have been developed to measure an emotional intelligence quotient (EQ) that is analogous to the traditional IQ assessment for traditional intelligence. Learn how you can improve your emotional intelligence and achieve success with "Developing Emotional Intelligence" written by a psychologist Dianne Coleman. Topics covered: Introducing emotional intelligence Expression and Discovery Self-perception Discovering your emotional quotient Developing emotional intelligence Applying emotional intelligence Application Areas

Book Information

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Customer Reviews

I've never been very good at reading other people's feelings or emotions, and it's gotten me into trouble more times than I'd care to admit; especially when it comes to the opposite sex. It didn't seem to matter if it was a personal or professional relationship; the inability to read the emotional cues was always there. After another conversation with my incredibly frustrated girlfriend one day she told me that I absolutely needed to read this book because she thought maybe it could help me understand emotional cues better. It was clear, not far into reading this book that my emotional intelligence quotient was painfully low. I started using the tips to help develop my emotional intelligence and the reflective practice was the one that had the largest impact on my ability to better understand, not only the emotions of other people, but my own as well.

This book has been an excellent source of information for me and my husband about how emotion intelligence works and how to use it really well. I really liked this book because it didn't just tell me how emotional intelligence works, but how I can recognize it in daily life and use it to help me with different aspects of my daily life. I really liked how the author used stories to illustrate the points; it made it so much easier to remember the different parts that I needed to remember. This book has really helped me understand others, as well as myself. Me and my husband have both been able to use this a work really well as well, because it gives us better insight into why our coworkers do different things.

Great read! It clearly explains what emotional intelligence is and why it's important for the success of your life. Lots to learn and use in daily life.

I don't consider myself to be a very emotionally intelligent person at all, but that should not stop you from picking up this book! I can promise you that you will not regret what you learn here. You will learn in this book something that has helped me a lot: emotional intelligence can be learned! It is not something that means that you are either born with it or not; you can pick it up in order to become more emotionally intelligent! And once you learn that information, you are much better equipped to be able to deal with other people and better understand what they are thinking.

This book was useful and well-written, and I recommend it to anyone that wants to know more about the way that emotional intelligence works in both yourself and other people. This book is the one of the best ways to make sure that you know plenty about how your emotional intelligence works and how you can use it to improve your relationship with other people. If you have ever wondered why people do things the way that they do or why you see the world in a certain way that others don't seem to, this book could be a very good source for you. It was easy to read, and the author did an excellent job of making sure that her points came across clearly. It is a must-read for people that want to get to know themselves better.

This is my first book bought and returned on this subject. This book seems like a bargain with many pages but there is so much filler, it is just not worth the effort to find and highlight the important parts. The words "Emotional Intelligence" is repeated so often.. it must come up about 20,000 times. Another thing is that speaking to confuse, grandstand, mesmerize to fill space is certainly takes a kind of shameless intelligence. One star at most.

Good book on understanding emotional intelligence. Practical tips on being more emotionally intelligent. Needs more in-depth analysis on some part.

Great tool for understanding how each team member deals with change, helping us work together for the betterment of all so we can accomplish our mission!

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