



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

By Ian Tuhovsky

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...



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