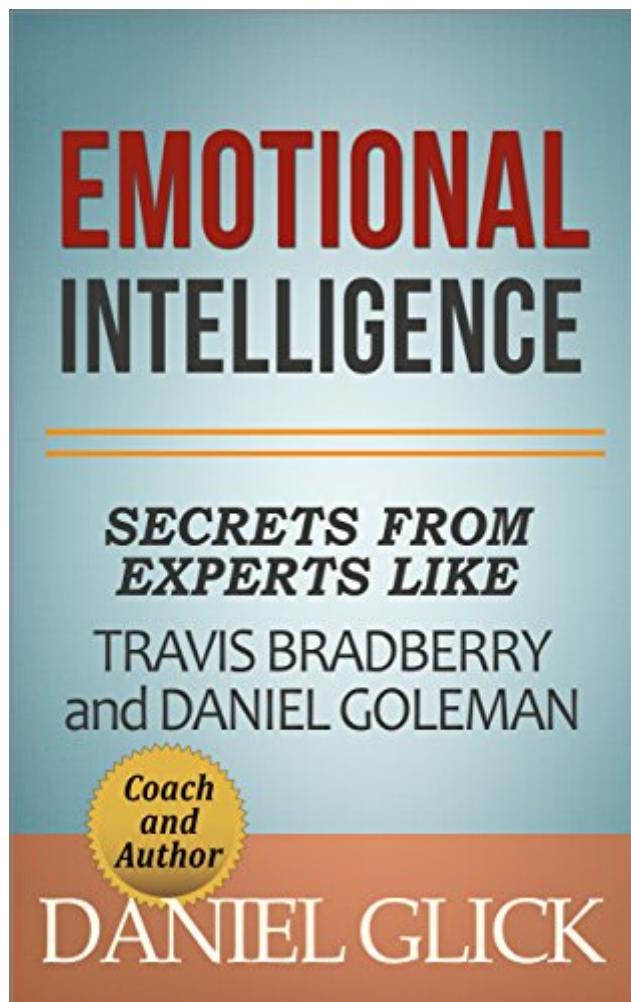


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# Emotional Intelligence: Secrets From Experts Travis Bradberry And Daniel Goleman



## Synopsis

Get all the expert advice, straight from the sourceFind out how to improve your emotional intelligence and change your life from bestselling authors and experts Travis Bradberry and Daniel GolemanEmotional intelligence is the OTHER kind of intelligence. Itâ™s that something we all have inside of us. Itâ™s intangible, but we recognize it when we see it, or feel it, in other people, even if we canâ™t precisely identify it. The amount of emotional intelligence we possess affects every part of our lives, from our relationships to our jobs to our health. Itâ™s how we manage our behavior, assess othersâ™ feelings and behaviors, navigate complicated social situations, and make personal decisions. If you want to climb the ranks in your job, if you want quality friendships, a robust network, a close relationship with your partner, and the respect of your children, you must have emotional intelligence. There is no other way to achieve these things.This leads us to the two key questions. First, can everyone reach a high level of emotional intelligence? And if so, how does one do so? The answer to the first question is yes, absolutely. The answers to the second question will be found in this guide, by looking at the advice given by the industryâ™s leading experts. About Daniel GlickDaniel Glick is an award-winning journalist and a successful life and habits coach. His goal in the Expertsâ™ Take series is to provide quick, to-the-point, actionable takeaways from the bestselling books of the leading experts on a given topic. His guides are the fastest, most accessible overviews available, and he invites you to try just oneâ™ll soon be hooked!

## Book Information

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## Customer Reviews

This book basically just enlightens you a lot on Emotional Intelligence. Emotional intelligence is simply a person's ability to control and evaluate his or her own emotions and to perceive and evaluate the emotions of other people. It's how we manage our behavior, assess others' feelings and behaviors, navigate complicated social situations, and make personal decisions.

This is a great read on emotional intelligence. The techniques are very easy to follow. The book provides a lot of interesting points that can help us boost our critical thinking and improve our emotional intelligence thus makes us in control of our lives. Daniel Glick depicted the step by step strategies that can help us manage our destructive attitude. This book will definitely change your life and I highly recommend it.

Author make detailed analysis of the essential characteristics of the relatively new field of psychology. Emotional intelligence as the theme has ancestors experts Daniel Goleman and Travis Bradbury. , Author is Daniel Glick, who is also the couch. The book has an absorbing subtitle Secrets from the Experts. The book is clearly structured. It is worth to deal with this issue.

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