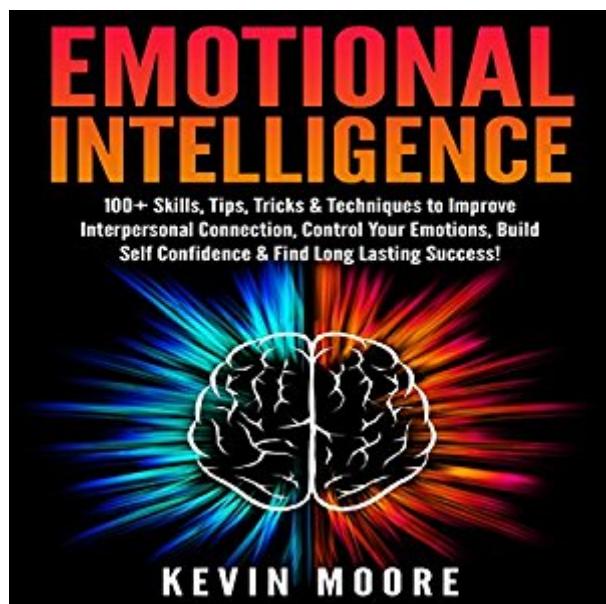


The book was found

# 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

Audible Audio Edition

Listening Length: 1 hourÂ andÂ 56 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Kevin Tinbergen

Audible.com Release Date: May 25, 2016

Language: English

ASIN: B01G4EXWIC

Best Sellers Rank: #7 inÂ Books > Law > Rules & Procedures > Alternative Dispute Resolution  
#58 inÂ Books > Audible Audiobooks > Nonfiction > Law #238 inÂ Books > Self-Help >  
Communication & Social Skills

## Customer Reviews

I took a class in college about Emotional Intelligence and thought it was a very interesting and important concept to study. Learning how to control our emotions can help us get through just about any situation in a manner we can be proud of later on. I was happy to see that this book went deeper into depth than my class did. Definitely an informative read!

This book has been around for awhile but current MBA programs have begun focusing on emotional intelligence in the classroom. This is very interesting because i didn't know how powerful emotions can be to help us achieve goals. If you are just like me, you really need to have this book and learn how to boost your success with your emotions!Thank you for offering this book on , I really appreciate it. Thanks!!

This book was full of information about emotional intelligence! The resources in this book are amazing for building your self confidence something that has really helped me at work. It helps that the book is well written

Emotional intelligence can be seen as one of those mystery parts of self-help. For instance, what is EI anyway? And how can I tap into my own or perhaps improve it? This book covers essential information, it's helped me unlock a new me, and i'm sure it'll do the same for you. Worth a read!

GREAT book. This has really helped me and I will continue to use it as a reference. Enjoyed exploring how to increase emotional intelligence to be more effective.This is a must read for anyone looking to improve their emotional intelligence and relationships.

Excellent read. The book is well-researched, well-structured, beautifully written and offers a lot of valuable information. And it is perfect for those, who are keen to learn about emotions, how to manage them, how to develop emotional intelligence and improve social skills.

This is best for people who can't handle stress and temper. I thought it will be impossible to control it. Or maybe expensive to consult a professional. This book made it possible for this advice to be handy. This just needs faith. It is really realistic to follow the advice. This is genius. I am so lucky to read this.

Overall it was a great read, lot's of excellent and practical points. The ending felt slightly abrupt but

resources provided were an excellent consolation. It's an excellent tool to help understand the behaviors of others and actually become more sympathetic rather than judgmental.

[Download to continue reading...](#)

Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! 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: How to Master your Emotions, Build Self-Confidence and Program Yourself for Success (Emotions, IQ, Success, Skills, Tricks,) Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Emotional Intelligence: How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions, how to read ... problem solving, communication Book 3) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) Emotional Intelligence: A Mastery Guide to Controlling Your Emotions, Improving Your Self-Confidence, and Raising Your Self-Awareness Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Emotional Intelligence: Ultimate Practical Guide: How to Become A Lively And Likeable Leader By Improving Your EQ (Positive Psychology, Interpersonal Skills, Emotions) Emotional Intelligence: How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success Daily Self Discipline: Tips and Techniques On How To Develop, Build and Improve Self Control To Gain Meaning, Get More Success, and Become a Shining No-Excuse example (Journey Book 2) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks

(Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Emotional Intelligence: The Top Secret to Using Emotional Intelligence to Get the Most Out of Your Life Top 25 Gymnastics Skills, Tips, and Tricks (Top 25 Sports Skills, Tips, and Tricks) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)