

being just as important as someone's IQ when it comes to predicting success in a career and in relationships. Someone with high EQ ("emotional-intelligence quotient") is more likely to be healthy and happy than someone who is puzzled by their own emotions and those of others. This book will go over why this is, and give you a concrete action plan for increasing your EQ and reaping the rewards of emotional intelligence in business, relationships, and in virtually every aspect of life! Using specific tips, you can learn how to significantly and permanently increase your emotional intelligence. There's a dark side to EQ however that you need to be aware of, and that will also will be explored in this book so you can reap the rewards of a high EQ without suffering from the pitfalls. NOW: Become emotionally intelligent in your life Emotions are like horses. When they are wild, they are dangerous and can lead you right off a cliff. When they are tamed however, they can carry you to great things and satisfaction in life. Social and work situations will be easier to navigate, your relationships will be closer and less confusing, and your state of mind will be more peaceful. The goal of this book is to give you insight into how the emotional brain works and how to grip the reins. When you are the leader and not the follower of your emotions, you'll be amazed at the changes in your life. Grab your copy today and learn: What Is Emotional Intelligence? How to test your EQ Test Why Your EQ Is More Important than Education How to Raise Your EQ How to Get Self-Motivated Improving Your Empathic Prowess Hone Your Social Skills Handling Stressful Situations Understanding And Employing Emotional Intelligence Recognize How You Act Thoughts and Emotions: The Underlying Rulers of Your Day Body Language's Impact on Emotional Intelligence The Difference Between EQ and IQ Developing EQ at Work The Benefits (And Drawbacks) of High EQ EQ, Meditation and Mindfulness What Do You Do When Your Emotions Threaten to Take Over? Self-Awareness and Emotional Intelligence Managing Stress Controlling Unnecessary Worrying How To Handle The Hardest Aspects of Emotional Intelligence And much more! Invest in your success in work, relationships, and life! Don't take a pass on the opportunity to increase something that is now recognized as being even more important than IQ. Scroll up and grab your copy today! Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors add up to a different way of being smart - one he terms "emotional intelligence." Emotional intelligence includes self-awareness and impulse control, persistence, zeal and self-motivation, empathy and social deftness. A 25th anniversary edition of the number one, multi-million copy international bestseller that taught us how emotional intelligence is more important than IQ - 'a revolutionary, paradigm-shattering idea' (Harvard Business Review) Featuring a new introduction from the author Does IQ define our destiny? In his groundbreaking bestseller, Daniel Goleman argues that our view of human intelligence is far too narrow. It is not our IQ, but our emotional intelligence that plays a major role in thought, decision-making and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness:

all are qualities that mark people who excel, whose relationships flourish, who can navigate difficult conversations, who become stars in the workplace. With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us. Shares the uplifting story of a Border Collie who recognized an unprecedented number of human words to explore her role in advancing understandings about animal intelligence, recounting how she also demonstrated an ability to use deductive reasoning and imitation. 100,000 first printing. The number 1 worldwide bestseller about why your emotional intelligence is more important than your IQ Do you have what it takes to succeed in your career? The secret of success is not what they taught you in school. What matters most is not IQ, not a business school degree, not even technical know-how or years of expertise. The single most important factor in job performance and advancement is emotional intelligence. Emotional intelligence is actually a set of skills that anyone can acquire, and in this practical guide, Daniel Goleman identifies them, explains their importance, and shows how they can be fostered. For leaders, emotional intelligence is almost 90 percent of what sets stars apart from the mediocre. As Goleman documents, it's the essential ingredient for reaching and staying at the top in any field, even in high-tech careers. And organizations that learn to operate in emotionally intelligent ways are the companies that will remain vital and dynamic in the competitive marketplace of today—and the future. Do you feel overwhelmed by your thoughts? Do you struggle with anxiety when you think about your daily tasks? Or do you want to stop worrying about life? If you want to know yourself more deeply, and if you want to deepen your emotional intelligence to live a happy and fulfilled life This book is dedicated to helping you explore the various components of emotional intelligence and show you how you can improve on each of them. It discusses the role of emotional intelligence at home and in the workplace and helps you identify simple ways to go from low EQ to high EQ You will learn: What emotional intelligence is, and why rise your EQ is so important Exerting influence to change the behavior of others. Cognitive Behavioral Therapy. Persuasion techniques to alter behavior and beliefs. Neuro-Linguistic Programming: What it is and how it works. The dark art of mind control: What it entails, why it works, and the sorts of people who use it. How emotional intelligence affects your relationships and your work And so much more... If you have been struggling to understand where your emotions fit in the overall picture of your life or what you can do to achieve greatness in your personal and professional life, then this book is perfect for you. This book has everything you need to change your life for the better. You won't regret taking the time to educate yourself on how emotional intelligence can alter the way you live your life. The new perspective will bring about a new understanding of what success can mean for you in your life. There is more to know about intelligence than what we've been brought up to believe. Discover how you can navigate through the complexities of emotions today! Scroll to the top of the

page and click the "Buy Now" button. The key to bounce back from adversity is one click away. Download now to stop worrying, deal with anxiety and clear your mind. SUMMARY OF EMOTIONAL INTELLIGENCE: Why It Can Matter More Than IQ By Daniel Goleman - An Innovative Approach Of Reading Books Faster Daniel Goleman's book Emotional Intelligence (first published in 1995 and last updated in 2005) is a fundamental work on how humans perceive, negotiate, and control emotions in themselves and others. A high level of emotional intelligence is demonstrated by those who are successful in reading human emotions, including their own... To understand more, you can purchase this in-depth summary. Click on the "BUY NOW" button to get your book today! NOTE: We present a concise, direct, and practical explanation of the subject matter. You will learn the main points of a long book in less than half an hour. This is a supplemental resource that will assist you in better comprehending the book the original book. We do not offer the original text or plan to replace the original book with this one. *** Buy the paperback version and get the Kindle version for FREE *** If you want to know yourself more deeply, and how to use emotional intelligence to live a happy life and fulfilled, then keep reading... For the longest time, it was believed that being book smart was all you needed to get by in life. That is until a different kind of smart was introduced into the picture. Emotional intelligence is essentially the kind of smart you need to understand your emotions, relate well to people, and handle the curveballs that life may throw at you. People with emotional intelligence seem to have everything figured out because they have mastered the most important thing of all: They have mastered themselves. Emotional Intelligence is a handbook on all things that you may have questions about regarding your emotional quotient, abbreviated EQ. It explores the various aspects of EQ from why we have emotions to why we need them. It explains why emotional intelligence might get you further in life than IQ without necessarily diminishing the very important role played by book smarts in your life. It goes further to bust the popular myths about emotional intelligence that exist thus allowing you to distinguish the truths from the misconceptions. This book is dedicated to helping you explore the various components of emotional intelligence and show you how you can improve at each of them. It discusses the role of emotional intelligence at home and in the workplace and helps you identify simple ways to go from low EQ to high EQ. Inside you will discover: What emotional intelligence is, and why rise your EQ is so important How emotional intelligence affects your relationships and your work The importance of empathy How to manage and reduce energy vampire And much more... If you have been struggling to understand where your emotions fit in the overall picture of your life or what you can do to achieve greatness in your personal and professional life, then this book is perfect for you. Do not allow yourself to live another day in oblivion. Get ready to figure out the hard questions thanks to Emotional Intelligence. You will thank yourself later for choosing to read this book. Scroll up to the top of the page and click the "Buy Now" button. Your key to bouncing back from adversity is one click away. BUY THE PAPERBACK VERSION OF THIS

BOOK ON AMAZON.COM AND GET THE KINDLE BOOK VERSION FOR FREE Have you ever had a situation in which you struggled to understand something from the other person's perspective, and in failing to consider that perspective, you entirely missed the point and ended up in an argument? Perhaps you and your spouse had conflicting needs and neither was willing to concede. Perhaps you failed to empathize with your child, who broke into tears when you seemed emotionally indifferent toward the plight that threatened to overwhelm. Maybe you did not care to see the perspective of a coworker, and the two of you ended up clashing, saying things you regretted after the fact, and locked in a conflict that disturbed the office dynamic. No matter the specific scenario, if you struggle to understand other people's perspectives, you could be struggling with a very important set of skills that dictate how we behave with other people and respond to emotions: Emotional intelligence. Emotional intelligence is the fundamental skillset that you use in every single interaction with others around you that will determine your success socially, composed of five crucial competencies: Every time you interact with people, you use a combination of skills that fit within those five categories. These skills either make or break you-leading to you either interacting quite well, meshing with those people around you and earning rapport and respect, or causing you to fail the interactions altogether by behaving in ways that are not socially acceptable. You may have lost your temper, failed to empathize with the other person, or simply just came across as unpleasant. If you struggle through your social interactions on a regular basis, you could need to strengthen your emotional intelligence. If this sounds like you or someone you know, this book is here for you! With a combination of easily understood explanations, relatable examples, and several charts to simplify concepts, this book seeks to guide you on your journey toward developing better emotional intelligence skills. You will learn what you need to be successful socially, both in relationships, and in leadership roles, and will explain just how important your EQ (emotional quotient) is to your general success. As you make your way through Emotional Intelligence 2.0, you will find: Explanations of what emotional intelligence is, as well as the history and a brief explanation of the science behind it A thorough understanding of both emotions and temperament and how the two of them relate to your EQ A comprehensive guide to the competencies of emotional intelligence How EQ and IQ differ and why EQ is more important A variety of ways EQ is crucial to your life in several different contexts and relationships 7 practical steps to boosting your EQ Several practical ways that emotional intelligence can improve your life in a wide range of situations And more! Would You Like to Know More? Scroll to the top of the page and select the buy now button In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls "grit." "Inspiration for non-geniuses everywhere" (People). The daughter of a scientist who frequently noted her lack of "genius," Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening

stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In Grit, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. "Duckworth's ideas about the cultivation of tenacity have clearly changed some lives for the better" (The New York Times Book Review). Among Grit's most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Wittingly personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is "a fascinating tour of the psychological research on success" (The Wall Street Journal). This book is dedicated to helping you explore the various components of emotional intelligence and show you how you can improve at each of them. Is IQ destiny? Not nearly as much as we think. This fascinating and persuasive program argues that our view of human intelligence is far too narrow, ignoring a crucial range of abilities that matter immensely in terms of how we do in life. Drawing on groundbreaking brain and behavioral research, Daniel Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do well. These factors add up to a different way of being smart -- one he terms "emotional intelligence." This includes self-awareness and impulse control, persistence, zeal and self-motivation, empathy and social deftness. These are the qualities that mark people who excel in life, whose relationships flourish, who are stars in the workplace. Lack of emotional intelligence can sabotage the intellect and ruin careers. Perhaps the greatest toll is on children, for whom risks include depression, eating disorders, unwanted pregnancies, aggressiveness and crime. But the news is hopeful. Emotional intelligence is not fixed at birth, and the author shows how its vital qualities can be nurtured and strengthened in all of us. And because the emotional lessons a child learns actually sculpt the brain's circuitry, he provides guidance as to how parents and schools can best use this window of opportunity in childhood. The message of this eye-opening program is one we must take to heart: the true "bell curve" for a democracy must measure emotional intelligence When you have emotional intelligence, you should be an expert at building and improving your ability to manage your emotions and connect with others. If you want to know yourself more deeply, and how to use Emotional Intelligence to live a happy life and fulfilled, then keep reading. Knowing what emotional intelligence is and knowing how to use it to improve your life are two very different

things. In today's fast-paced world of competitive workplaces and turbulent economic conditions, each of us is searching for effective tools that can help us to manage, adapt, and strike out ahead of the pack. For the longest time, it was believed that being book smart was all you needed to get by in life. That is until a different kind of smart was introduced into the picture. Emotional intelligence is essentially the kind of smart you need to understand your emotions, relate well to people, and handle the curve balls that life may throw at you. Emotional Intelligence is a book with a single purpose-increasing your EQ. It explores the various aspects of EQ from why we have emotions to why we need them and explains why Emotional Intelligence might get you further in life than IQ without necessarily diminishing the crucial role played by book smarts in your life. It also goes to bust the popular myths about emotional intelligence that exists, thus allowing you to distinguish the truths from the misconceptions. Inside you will discover: What Emotional Intelligence is, and how it affects your relationships and your work What Core Emotions lead us to Why rise your EQ is so important The most important EQ skills that enable you to achieve your fullest potential The importance of Empathy And much more... If you have been struggling to understand where your emotions fit in the overall picture of your life or what you can do to achieve greatness in your personal and professional life, then this book is perfect for you. Do not allow yourself to live another day in oblivion. Get ready to figure out the hard questions thanks to Emotional Intelligence. You will thank yourself later for choosing to read this book. Scroll up to the top of the page and click the "Buy Now" button. Your key to bouncing back from adversity is one click away. Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind. Have you been trying to find love, but found yourself hitting a wall? Or maybe you just want to learn how to improve your social skills? It's not a simple subject, and this book is here to help you out. Don't worry, this self-help oriented book is here to help both men and women who are trying to achieve their ultimate goal of having a meaningful and caring relationship, improve their social skills and more. All you will need to bring with you is a little bit of patience and planning. This book will start you off by explaining to you the six core human emotions, the signs someone has developed emotional intelligence, the laws of developing the qualities of emotional intelligence, why emotional intelligence is crucial to success, and much, MUCH more. Does this sound a bit overwhelming to you? It might, but that's okay. This book is perfect for both experienced and inexperienced people, seeing as this handy book offers real, tested, and practical answers for the majority of questions in the field of love, self-awareness, enhanced relationships and romance. Aside from the practical answers, this book also offers valuable skills that will help you and your immediate surroundings in your everyday life. Success, love and emotional intelligence directly influence your quality of life, don't choose to ignore it. Emotional intelligence, according to various academic sources is the most important factor that contributes to a person's life. This book will help

anyone interested in finding out more about emotional intelligence and how it influences the day to day life of humans while also providing the reader with a set of skills that will help explain certain feelings and situations readers may encounter in their everyday life and I will just say this, get reading! #1 BESTSELLER • The groundbreaking book that redefines what it means to be smart, with a new introduction by the author “A thoughtfully written, persuasive account explaining emotional intelligence and why it can be crucial.”—USA Today

Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until Emotional Intelligence, we could only guess why. Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our “two minds”—the rational and the emotional—and how they together shape our destiny. Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors, which include self-awareness, self-discipline, and empathy, add up to a different way of being smart—and they aren't fixed at birth. Although shaped by childhood experiences, emotional intelligence can be nurtured and strengthened throughout our adulthood—with immediate benefits to our health, our relationships, and our work. The twenty-fifth-anniversary edition of Emotional Intelligence could not come at a better time—we spend so much of our time online, more and more jobs are becoming automated and digitized, and our children are picking up new technology faster than we ever imagined. With a new introduction from the author, the twenty-fifth-anniversary edition prepares readers, now more than ever, to reach their fullest potential and stand out from the pack with the help of EI. Presents a step-by-step guide for increasing emotional intelligence through four core principles: self-awareness, self-management, social awareness, and relationship management. Want To Know Why Emotional Intelligence Can Be More Important Than IQ? Do you want to know how to develop your EQ? So many of us develop our intelligence and find out this doesn't directly translate into success. How is it people with worse qualifications can sometimes get the job? Emotional Intelligence or "EQ" is your ability to control your emotions, be empathetic to others and apply the right emotional leverage at the right time to get a desired outcome. From children we develop this skill and it affects every area of our lives. Imagine if you could feel rock star confidence when you needed it or to be able to switch from a depressing low state mood to a happy upbeat state in an instant. Our emotions significantly affect our lives and so many of us fail to learn how to use them to change the results in our lives. However often it is our ability to connect with other human beings that gets us to where we want to go. In this book I will show you how to master this aspect of your life. In this book you will learn: How to change your emotions at a moment's notice. How to begin to connect with others. How to have better relationships in your life. How to read people. How your emotions warp decisions and how to deal with it. ...and much more. I am also offering a 30 day MONEY BACK Guarantee if you aren't satisfied for any reason. This is a limited discounted price, so take action while you

can. A penetrating analysis of the dark corners of human deception, enlivened by intriguing case histories and experiments. Emotional Intelligence was an international phenomenon, appearing on the New York Times bestseller list for over a year and selling more than five million copies worldwide. Now, once again, Daniel Goleman has written a groundbreaking synthesis of the latest findings in biology and brain science, revealing that we are “wired to connect” and the surprisingly deep impact of our relationships on every aspect of our lives. Far more than we are consciously aware, our daily encounters with parents, spouses, bosses, and even strangers shape our brains and affect cells throughout our bodies—down to the level of our genes—for good or ill. In Social Intelligence, Daniel Goleman explores an emerging new science with startling implications for our interpersonal world. Its most fundamental discovery: we are designed for sociability, constantly engaged in a “neural ballet” that connects us brain to brain with those around us. Our reactions to others, and theirs to us, have a far-reaching biological impact, sending out cascades of hormones that regulate everything from our hearts to our immune systems, making good relationships act like vitamins—and bad relationships like poisons. We can “catch” other people's emotions the way we catch a cold, and the consequences of isolation or relentless social stress can be life-shortening. Goleman explains the surprising accuracy of first impressions, the basis of charisma and emotional power, the complexity of sexual attraction, and how we detect lies. He describes the “dark side” of social intelligence, from narcissism to Machiavellianism and psychopathy. He also reveals our astonishing capacity for “mindsight,” as well as the tragedy of those, like autistic children, whose mindsight is impaired. Is there a way to raise our children to be happy? What is the basis of a nourishing marriage? How can business leaders and teachers inspire the best in those they lead and teach? How can groups divided by prejudice and hatred come to live together in peace? The answers to these questions may not be as elusive as we once thought. And Goleman delivers his most heartening news with powerful conviction: we humans have a built-in bias toward empathy, cooperation, and altruism—provided we develop the social intelligence to nurture these capacities in ourselves and others. Want To Know Why Emotional Intelligence Can Be More Important Than IQ? Do you want to know how to develop your EQ? So many of us develop our intelligence and find out this doesn't directly translate into success. How is it people with worse qualifications can sometimes get the job? Emotional Intelligence or "EQ" is your ability to control your emotions, be empathetic to others and apply the right emotional leverage at the right time to get a desired outcome. From children we develop this skill and it affects every area of our lives. Imagine if you could feel rock star confidence when you needed it or to be able to switch from a depressing low state mood to a happy upbeat state in an instant. Our emotions significantly affect our lives and so many of us fail to learn how to use them to change the results in our lives. However often it is our ability to connect with other human beings that gets us to where we want to go. In this book I will show you how to master this aspect of your life. In this book you will learn: How to

change your emotions at a moment's notice. How to begin to connect with others. How to have better relationships in your life. How to read people. How your emotions warp decisions and how to deal with it. ...and much more. I am also offering a 30 day MONEY BACK Guarantee if you aren't satisfied for any reason. This is a limited discounted price, so take action while you can. Extended Summary Of Emotional Intelligence: Why It Can Matter More Than IQ - Based On The Book By Daniel Goleman Do you want to be a model employee? Do you aspire to become a charismatic leader? Do you need to improve your relationships with your partner and family? Learn how to strengthen your emotional intelligence and that of the people around you. Emotional intelligence develops a revolutionary concept that has impacted various areas of people's lives. The thesis presented in this book tries to explain the connection between success and emotions, not only in sentimental life but also in the workplace. Emotions are part of every decision we make and are fundamental to any relationship we have with others. What Will You Learn? You will understand the impact that emotions have on your daily life You will get to know and manage your own emotions. You will recognize the emotions of others. You will learn to use emotional intelligence to create positive results and avoid situations that can harm you. You will balance your two minds, your rational brain and your emotional brain, developing a useful tool for success. Content Chapter 01: What Is The Utility Of Emotions? Chapter 02: Why Do Passions Sometimes Overflow? Chapter 03: What Are The Five Skills Of The Emotional Mind? Chapter 04: What Is Your Type Of Person According To Your Emotional Intelligence? Chapter 05: What Role Do Hope And Optimism Play? Chapter 06: How Do Emotions Link With Health? Chapter 07: Where Does Emotional Learning Begin? Chapter 08: Why Emotional Intelligence Makes You Successful? Chapter 09: Why Will Emotional Intelligence Determine The Future Of Society? Chapter 10: What Strategies Can You Use To Favor Your Emotional Intelligence? Chapter 11: Is Emotional Intelligence Valid In All Areas Of Life? About Mentors Library Books are mentors. Books can guide what we do and our lives. Many of us love books while reading them and maybe they will echo with us a few weeks after but 2 years later we can't remember if we have read it or not. And that's a shame. We remember that at that time, the book meant a lot to us. Why is it that 2 years later we have forgotten everything? That's not good. This summary is taken from the most important themes of the original book. Most people don't like books. People just want to know what the book says they have to do. If you trust the source you don't need the arguments. So much of a book is arguing its points, but often you don't need the argument if you trust the source you can just get the point. This summary takes the effort to distill the blahs into themes for the people who are just not going to read the whole book. All this information is in the original book. Would you like to unlock your fullest potential and become the best version of yourself? Have you ever wanted to improve your relationships, and learn the triggers behind your emotions? How about how to manage your reactions to those emotions? Do you think it's time to start developing leadership skills? If this sounds like you,

then don't waste another minute - keep reading! An emotionally intelligent individual is someone who is highly conscious of their own emotions and can identify and manage them. It doesn't matter if those emotions are positive, negative, or anything in between - understanding and recognizing them is the first step to harnessing your emotional well-being. These types of people can easily sense the emotions that others experience because they are so tuned into their own. When you show sensitivity to the feelings of others, both from within yourself and from your social environment, it can help you become a better friend, leader, or mate to your romantic partner. The good news is: these skills can be learned, as well as tuned up. Some of the most intelligent people on earth are the most unfulfilled and unhappy individuals in this world. We all know someone who may be academically brilliant. Still, when it comes to their social life, they are not successful at all - many of them may have unhealthy and toxic personal relationships. Your intellectual ability is not enough by itself for you to achieve real success and happiness; you need to be emotionally intelligent as well to help balance out your life. You may have a high IQ, which will help you get into college, but having emotional intelligence, will be what helps you learn to manage the stress and different emotions that you have to deal with when facing the challenges of life. It would be great to have an equal balance of both emotional intelligence as well as a high IQ; this way, they will consistently build off of each other to make you a complete individual. In Emotional Intelligence, you'll discover: How to tune into your emotions, to listen and reflect upon your responses. A simple, yet powerful formula that will help you reprogram your mind and transform those negative feelings into productive attitudes. Simple strategies to help you with whatever life throws your way. A crystal-clear understanding of how exactly you can make your emotions work for you, not the other way around. Powerful Hacks to make emotions the most potent tool for your personal growth Emotional Intelligence: Why it Can Matter more than IQ is your must-read for improving your personal and professional life. If you like easy-to-understand strategies, practical exercises, and no-nonsense teachers, then you'll love Dorothy Mok's book. If you take the time to improve your emotional skills, it can enhance your personal and professional life. This is a great way to help you strengthen relationships, become mindful, and improve communication. With this book, you'll have the complete guide to improving your emotional intelligence. Scroll to the top of the page, and select the BUY NOW button. Everyone knows that high IQ is no guarantee of success, but Emotional Intelligence (EQ) is no guarantee either. This book explains why and provides a new construct that fills the void. Meta intelligence is thinking about one's thinking as well as that of others. But it is not philosophizing, navel gazing, or new age woo-woo; it is a proactive and practical approach to adaptively managing one's thinking in response to today's ever-changing and complex world. Third revolution automation decimated blue collar jobs; fourth revolution automation threatens to do the same for white collar jobs. Everyone will be at risk except the meta intelligent who can create things robots cannot. Moreover, as society

grows and becomes more complex, so to, do its problems. Traditional ways of thinking will no longer suffice to meet these new challenges. The solutions required to solve complex problems such as effective resource allocation and ecological disruption will require innovative thinking on a level that only meta intelligence can provide. This book provides you with the meta intelligent mindset and mindware that will allow you to improve yourself and improve our world! Emotional Intelligence by Daniel Goleman Book Summary Abbey Beathan (Disclaimer: This is NOT the original book.) Our current view of human intelligence is narrow and now it's the time we learn the truth about what is really important. People often solely recognize the human intellect as a rational characteristic that some of us have. People like Albert Einstein and Stephen Hawking have amazed us with their high IQs and have left us to believe that intelligence is all about problem solving skills. However, that's completely wrong. Despite the importance of the intelligence quotient of a person, there is another form of intellect that human usually ignore but it's as important as its counterpart; emotional intelligence. And now, you'll finally learn about it and why we must pay attention to it as well. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) "In a very real sense we have two minds, one that thinks and one that feels." - Daniel Goleman Emotional intelligence focuses on the personal skills of a human, an individual who is emotionally intelligent comes forth as an extremely persuasive and productive human being, as a person who manages to get everything that he wants. Said person can also keep his cool which makes him a great negotiator. These set of skills include impulse control, persistence, self-motivation, empathy, social deftness and self-awareness. It's time for you to excel in life by fully comprehending both types of intelligence and use them to your favor. Daniel Goleman assures you that emotional intelligence will be a decisive factor in your success as a professional and most importantly, as a human being. P.S. Emotional Intelligence is an extremely important book that will teach you about the other side of the coin, the secret intelligence that guarantees success. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. "One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge" - Abbey Beathan Get Ahead in Life by Developing your Emotional Intelligence

and Becoming a Person of Value Are you an introvert and need to learn how to be more sociable? Do you want to expand your social circle and get ahead in your career and in life? If you answered "yes" to any of these questions, keep reading. A lot of people do not achieve their full potential in life because they do not know how to work with others whether they be colleagues or family members. The truth is obvious. We need people in our lives to get work done and help them with what they need. But it is being conscientious of the fact that yields a positive outcome for both parties concerned. Some people might not know what emotional intelligence or EQ means or how it works. It is not necessarily a bad thing. But if you ask those who are truly successful in life, they will invariably know. That is because social skills are a necessity to achieve great outcomes. This book was written to further the narrative on what EQ means, how it works and why we need it to be more successful. In this amazing book, here's what else you'll learn: What does EQ mean, what comprises it, what are its benefits and how it can help us in life What is the key to better understand other people, how do we put ourselves in others' shoes What is the relevance of procrastination in EQ, why do people procrastinate and how to avoid it to be more effective How does stress affect our ability to be more sensitive, and how do we manage it better And much more! Even if you are a beginner and do not know what EQ means, that is Ok. The essential thing to realize is that success, whether it is at work or at home, is more likely if you develop your emotional intelligence abilities. Whenever you get a chance to talk with highly successful people and ask how to be successful, you will realize that one answer will be common in their advice to you; become a better people person. This book guides on just that. Following the advice therein will help you get a much better perspective on how you can become a person that is valuable to others, develop better friendships and develop relationships that will be extremely useful to you. Here is what you need to do now... Scroll up and click the "Buy now with 1-click" button and let's get you started on the road to success! Would you like to unlock your fullest potential and become the best version of yourself? Do you want to master the most important life skill to achieve personal and professional success? If you are nodding your head, then you have come to the right place. For the longest time, it was believed that being book smart was all you needed to get by in life. That is until a different kind of smart was introduced into the picture. Emotional intelligence is essentially the kind of smart you need to understand your emotions, relate well to people, and handle the curve balls that life may throw at you. People with emotional intelligence seem to have everything figured out because they have mastered the most important thing of all: they have learned themselves. Human intelligence cannot be generalized into just one single ability. Infact, people have different intelligences. However is our ability to grasp and communicate our emotions that plays a crucial role in determining how successful we are in life. Here is a tiny fraction of what you will learn: □ What are emotions for? □ How to develop empathy in your everyday life □ Building emotional bridges to connect with others □ Emotional drain signs and how to deal with

energy vampires □ TROUBLESHOOTING EMOTIONAL INTELLIGENCE ...And much more Nowadays, some employers make it a criterion to take an emotional intelligence test as part of their screening procedure, because they believe that those with higher an EQ make excellent leaders and relate better with people. Most people do not know how handy it is to have people's skill. I know of a woman who is a good real estate agent. She works by the books and sold so many properties, but her emotional intelligence at that time was low. She couldn't connect well with her clients. When they tried to beat down the price of a property due to some issues, she could not relate. She started to lose her clients, and her boss had to tell her to take some time off to take some classes on people's management. Do not allow yourself to live another day in oblivion. Grab your copy today, your key to bouncing back from adversity is one click away! If you want to know yourself more deeply, and how to use Emotional Intelligence to live a happy life and fulfilled, then keep reading. Knowing what emotional intelligence is and knowing how to use it to improve your life are two very different things. In today's fast-paced world of competitive workplaces and turbulent economic conditions, each of us is searching for effective tools that can help us to manage, adapt, and strike out ahead of the pack. For the longest time, it was believed that being book smart was all you needed to get by in life. That is until a different kind of smart was introduced into the picture. Emotional intelligence is essentially the kind of smart you need to understand your emotions, relate well to people, and handle the curve balls that life may throw at you. Emotional Intelligence is a book with a single purpose-increasing your EQ. It explores the various aspects of EQ from why we have emotions to why we need them and explains why Emotional Intelligence might get you further in life than IQ without necessarily diminishing the crucial role played by book smarts in your life. It also goes to bust the popular myths about emotional intelligence that exists, thus allowing you to distinguish the truths from the misconceptions. Inside you will discover: What Emotional Intelligence is, and how it affects your relationships and your work What Core Emotions lead us to Why rise your EQ is so important The most important EQ skills that enable you to achieve your fullest potential The importance of Empathy And much more... If you have been struggling to understand where your emotions fit in the overall picture of your life or what you can do to achieve greatness in your personal and professional life, then this book is perfect for you. Do not allow yourself to live another day in oblivion. Get ready to figure out the hard questions thanks to Emotional Intelligence. You will thank yourself later for choosing to read this book. Scroll up to the top of the page and click the "Buy Now" button. Your key to bouncing back from adversity is one click away. Combining heroic stories of dogs with the latest scientific and psychological information, this book has provoked controversy with its lists that rank more than 100 breeds and its exciting new insights into the thoughts, emotions, and inner lives of dogs. Emotional Intelligence Does IQ define our destiny? Daniel Goleman argues that our view of human intelligence is far too narrow, and that our emotions play a major role in thought, decision making

and individual success. Self-awareness, impulse control, persistence, motivation, empathy and social deftness are all qualities that mark people who excel: whose relationships flourish, who are stars in the workplace. With new insights into the brain architecture underlying emotion and rationality, Goleman shows precisely how emotional intelligence can be nurtured and strengthened in all of us. Working with Emotional Intelligence Do you want to be more successful at work? Do you want to improve your chances of promotion? Do you want to get on better with your colleagues? Daniel Goleman draws on unparalleled access to business leaders around the world and the thorough research that is his trademark. He demonstrates that emotional intelligence at work matters twice as much as cognitive abilities such as IQ or technical expertise in this inspiring sequel. Forget the IQ tests and tweak those parts of intelligence that matter most to real world success. Sure, having a high IQ is great. But surprisingly, science shows that mental abilities not captured in IQ tests can have the most impact in the real world—attributes like creativity, willpower, emotional intelligence, and intuition. And yes—you can train those skills. In these pages, journalist Garth Sundem draws on interviews with psychology's top experts and the latest research to show you how. Beyond IQ is a new kind of braintraining guide, one packed with useful, engaging exercises scientifically shown to help you make the most of the brain you've got in the arena that matters most—life!" BEYOND IQ is filled with simple pen-and-paper exercises that will help you: --teach your mind to hear that "eureka" moment of insight --improve your problem-solving skills - -use divergent thinking to boost your creativity --retrain your intuition to become more trustworthy --avoid the cognitive "blinkering" that too often comes with expertise --expand your working memory --practice your performance under pressure --improve your pattern-recognition skills --sharpen your emotional intelligence --strengthen your willpower And more! Over the last few decades, economists and psychologists have quietly documented the many ways in which a person's IQ matters. But, research suggests that a nation's IQ matters so much more. As Garrett Jones argues in Hive Mind, modest differences in national IQ can explain most cross-country inequalities. Whereas IQ scores do a moderately good job of predicting individual wages, information processing power, and brain size, a country's average score is a much stronger bellwether of its overall prosperity. Drawing on an expansive array of research from psychology, economics, management, and political science, Jones argues that intelligence and cognitive skill are significantly more important on a national level than on an individual one because they have "positive spillovers." On average, people who do better on standardized tests are more patient, more cooperative, and have better memories. As a result, these qualities—and others necessary to take on the complexity of a modern economy—become more prevalent in a society as national test scores rise. What's more, when we are surrounded by slightly more patient, informed, and cooperative neighbors we take on these qualities a bit more ourselves. In other words, the worker bees in every nation create a "hive mind" with a power all its own. Once the

hive is established, each individual has only a tiny impact on his or her own life. Jones makes the case that, through better nutrition and schooling, we can raise IQ, thereby fostering higher savings rates, more productive teams, and more effective bureaucracies. After demonstrating how test scores that matter little for individuals can mean a world of difference for nations, the book leaves readers with policy-oriented conclusions and hopeful speculation: Whether we lift up the bottom through changing the nature of work, institutional improvements, or freer immigration, it is possible that this period of massive global inequality will be a short season by the standards of human history if we raise our global IQ. Putting Emotional Intelligence to Work offers a new paradigm of communication for the 21st-century workplace. Beginning with the thoughts of communication pioneer Carl Rogers, this book covers the origins and history of emotional intelligence, why it is essential at this point in the changing marketplace, how to delegate and negotiate more effectively, and how to change yourself to become a more effective player. An EQ (Emotional Quotient) survey helps you determine where you are on the scale of executive intelligence. Putting Emotional Intelligence to Work leaves you with a greater understanding of the new work ethic for 21st-century leadership, its business and personal benefits, how to teach it in a corporate setting, and how to build self-managed teams with the right mix and match of personality types. Dr. Ryback's book brings many resources together to consolidate an approach to business that combines the practical with the thoughtful, emotional, and intuitive. A new paradigm for leadership in the 21st century is demonstrated clearly and incisively. David Ryback, Ph.D. is a management consultant and speaker on personal and organizational success. His experience encompasses business management and government consulting, as well as teaching at Emory University's School of Business. His diverse client base includes the US Department of Defense, government legal offices, financial institutions, manufacturers both domestic and international, health care organizations, and national retail outlets. In Putting Emotional Intelligence to Work, Dr. Ryback brings many resources together to consolidate an approach to business that combines the practical with the thoughtful, emotional, and intuitive. A new paradigm for leadership in the 21st century is demonstrated clearly and incisively. A new emotionally intelligent approach to delegation and negotiation. Captures the shift from traditional workplace hierarchy to the new self-managed teamwork. Self survey for measuring your EQ (Emotional Quotient). This book is a collection of the author's writings, previously published in the Harvard Business Review and other business journals, on leadership and emotional intelligence. The material has become essential reading for leaders, coaches and educators committed to fostering stellar management, increasing performance, and driving innovation. The collection reflects the evolution of Dr. Goleman's thinking about emotional intelligence, tracking the latest neuroscientific research on the dynamics of relationships, and the latest data on the impact emotional intelligence has on an organization's bottom-line. --