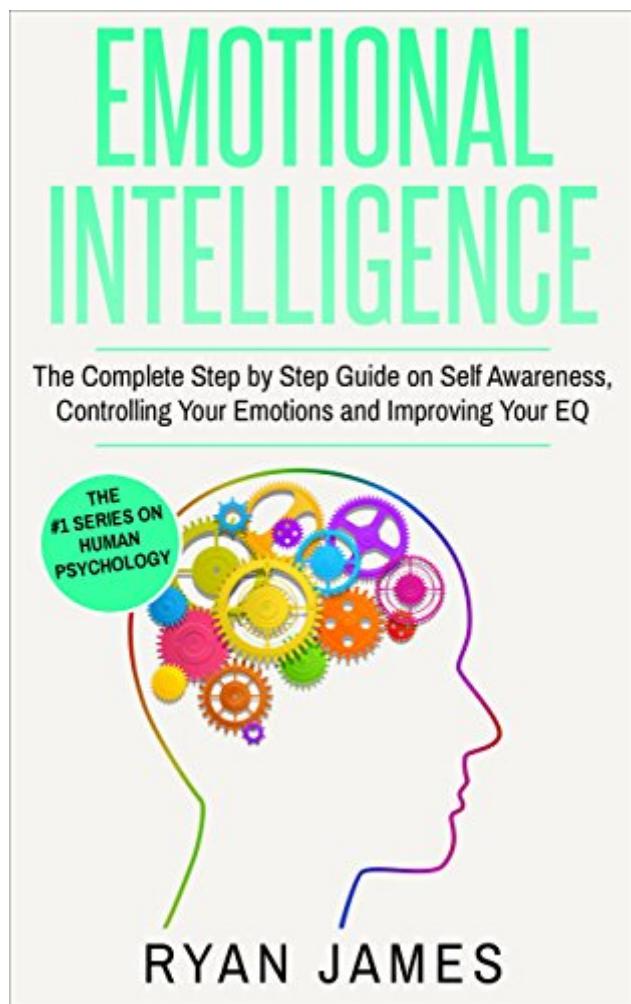


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# **Emotional Intelligence: The Complete Step By Step Guide On Self Awareness, Controlling Your Emotions And Improving Your EQ (Emotional Intelligence Series Book 3)**





## **Synopsis**

Emotional Intelligence Series Book #3Have you ever wondered why some people seem to get all the good things life offers while others stand on the sidelines and wonder why me? Some people will tell you itÃ¢â€”s ambition, IQ, and position that determines lifeÃ¢â€”s outcomes. What if I told you there was something within each of us that promises greater happiness and success? ItÃ¢â€”s called Emotional Intelligence, and it is available to you by simply reading this book and following the six steps presented in these pages.Feelings are what drives us in life. We do what we do to change how we feel. We buy a luxury car so that we can feel powerful and important. We lose weight so that we can feel beautiful and admired. Although you think you can do things to change or avoid feelings; in truth, you already possess those things for which you dream. All you must do is gain awareness and change your perceptions, and act on the feelings that will give you greater Emotional Intelligence.It doesnÃ¢â€”t take wealth, beauty, or brains to increase your Emotional Intelligence. It takes awareness, knowledge, and practice, which wonÃ¢â€”t cost you anything but a little time. So, journey with me through the pages of this book and together letÃ¢â€”s discover how you can have all the good things life has to offer.Grab your copy of Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ today!

## **Book Information**

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## Customer Reviews

For most people, emotional intelligence is more important than oneÃ¢Â¢Â¢s intelligence in attaining success in their lives and careers. As individuals our success and the success of the profession today depend on our ability to read other peopleÃ¢Â¢Â¢s signals and react appropriately to them. Overall, this book is a good reference and truly informative. I recommend this book for everybody.

Great book on clean eating. Prepared nourishments are hard to process and are related with genuinely genuine wellbeing intricacies. Furthermore, they can contain a considerable measure of hazardous fixings that are unsafe to the stomach related framework and the liver. These destructive fixings and added substances are regularly aggregated in the body. This book avoids such issues!

Not much here. There are much better books available, Think HBR, for example.

I learned a lot from this book. While reading, I realized it's the time to change myself with better emotional intelligence, for my family and for myself.

This is such a brilliant book! I found a lot of useful suggestions I would be able to put in action. This book was chock full of information on emotional intelligence. Being able to control emotions and not live by feelings is such a beneficial habit. This book gave so many resources to test where you are at emotionally. I highly recommend this book to anyone.

Great book. Fast read. It gives you insights on how to deal with emotions, rather than going through a roller coaster of fact-checking studies that could bore the momentum of reading. Facts are great, they do, but this book gives you what you need. I liked the assessment in the first chapter and gosh I tell I failed. I failed in contrast to what the book is trying to teach. To control your emotions. That's it! Emotional Intelligence. Sounds important. It isn't. I rather change it to: The Complete Step-by-Step to Controlling your Emotions "A way to understand your emotional intelligence" Something like that. I

also liked the three steps to increasing your emotional intelligence found in chapter 4, I think. Creating a safe environment, expect the unexpected and practice makes more perfect practice (don't know if that's the order). But think about it. Creating a safe environment and expect the unexpected should be the perfect way to begin understanding and controlling our feelings. He's right. We should build our environment based having people you trust. Don't go around with people who are emotionally starved (I liked that term. Emotionally Starved--taken from the book, of course). And in a way that's what I should start doing. No more whatsapp with people who can hinder any possible, feasible, and civil conversation. You know the kind, toxic people. And expect the unexpected. I use to say that when I was a kid, that I learned now to show surprised of anything that happened. But that's not about it in the book. It's more like the more emotionally-savy you are, the more unexpected occurrences might happen in your life. And that is so true. I enjoyed reading this book. It took me around three days to finish it taking from 1 hour a day, so yeah, you could read it in one day, so to speak, if you're a fast reader.

The author give us the informaton for having success in the life. Probably it doesn't exist a formula winning for all times. But it exist texts for understanding the motives whom make the humans unhappy. If we avoid the ways which produce it, we could follow the true and real happyness. It's a simply vision of the life, but it would be useful if we have a good approach to the difficulties. But I prefer the literature of Egger or Franzen to this method too psychological.

These tips, examples and information will Inspire you to take the initial steps necessary toward an ongoing and rewarding journey to emotional intelligence.

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