

# **Emotional Intelligence For Self Discipline Princi**

**Theresa Williams**

**Emotional Intelligence for Self-Discipline** Daniel Hollins,2021-02-26 55% OFF For Bookstores! Now the best price ever ! Have you ever wished that you had the self-discipline and the motivation to keep pursuing your goals even when the going gets tough? Do you wish that you could control your emotions and channel them into productive energy so that you keep moving towards success no matter what you feel? Do you feel like your career, you're personal relationships, and your life goals are negatively impacted by procrastination, lack of motivation, fear, and anxiety, and other kinds of obstacles? Do you wish that you had the life skills to cope with any challenge that comes your way? If your answer to any of these questions is Yes read more and discover more information on this book. In this book, you will learn the benefits of emotional intelligence, particularly how you can use it to develop self-discipline. You will learn how to increase your mental toughness, your willpower, and your self-control, and this will help your chances of succeeding in all areas of life. The book teaches dozens of techniques that you can use to increase your emotional intelligence, and for each technique, and it has more than 80 exercises to help you internalize those techniques. Additionally, it contains a 30-day program of structured daily tasks and exercises which you can follow if you want to acquire the best self-discipline habits. Here are a few reasons why this book is worth your time and money: It explains how you can develop an unbeatable mind, and it contains exercises that you can use to increase your mental strength, mental toughness, willpower, self-control. It discusses key habits of self-disciplined people; it shows you how you can learn those habits with the help of practical exercises. It teaches you how to overcome common hindrances to success, including dealing with instant gratification, getting out of your comfort zone, and coping with fear and stress. It teaches you the principles of stoicism that have been used by some of the most accomplished people in the world to develop self-discipline. It teaches you how to set goals, and to find your purpose and your mission in life. It teaches you tried and tested techniques to instantly boost your motivation when you need to rally. It teaches you how to develop positive habits that can increase your productivity, enhance your self-discipline, and help ensure that you attain your goals. Unlike many other books about self-discipline and emotional intelligence, Emotional Intelligence for Self-Discipline doesn't waste your time with lots of technical jargon and theories. Instead, it offers a brief overview of each self-improvement skill and then focuses on exercises that you can use to quickly internalize those skills. If you want to quickly motivate yourself, boost your self-belief, and learn valuable self-discipline techniques that will transform your life and make you successful, Emotional Intelligence for Self-Discipline is the right book for you. Would you Like to Know More? Scroll up and click the Buy Now Button.

Emotional Intelligence Daniel Hollins,Maxwell Cooper,2020-10-27 Would you like to discover every powerful habits that all successful people use to win in life ? Do you Want to know what skills you need to improve to become the best version of your-self ? If your answer is Yes to at least one of the questions, then keep reading... This complete collection of 6 books, will show you the principles and practical strategies for every important skill to grow your Emotional Intelligence . When applied, they will change the way you manage yourself, your time, lead others, and produce results. Here's some topics that you will find in this bundle: Every day exercises for amazing achievement to boost your memory Tips and tricks to always be focused and stop procrastinating The right mindset to relieve anxiety Practical exercise to build a strong self discipline The principles of self esteem. How to inspire people in you life and work environment. That is only some information you will get out of this big collection. Below all books inside this Big bundle: Book 1: Emotional Intelligence for Self-Discipline: Principles for Daily Self-Control, Practical Exercises to Build Resilience, Willpower to Achieve Your Goals, Beat Procrastination and Be More Productive. Book 2: Memory Improvement: The Ultimate Guide to Learn and Remember Faster.

Discover Practical Strategies and Techniques to Develop Concentration and Unleash Brain Power to Be More Productive. Book 3: Self Esteem for Men and Women: The Ultimate Guide to Overcoming Self-Doubt and Embrace Who You Are. Master Self-Improvement Every Day to Gain Self-Confidence With Cognitive Techniques Book 4: Stop Anxiety: How to Stop Worrying and Blocking Panic Attacks. Learn How to Say No and Stop Pleasing People, Regain Control of Your Life and Become Who You Are Meant to Be. Book 5: A Step by Step Guide to Get More Done in Less Time: Mastering Difficult Tasks, Overcoming Procrastination and Boosting Your Time with a Practical Productivity System Book 6: Leadership Challenge: The Complete Guide to Master your Leadership Skills. Principles and Practical Habits to Start the change. Increase your Grit and Self Confidence with Emotional Intelligence. Start to Lead Your Life. In these books, you find high-quality information, practical advice, so useful that you can train your mind every day everywhere Remember that all the skills you want to improve are in your mind and with right mindset you can take right actions and with right actions, you will get great results So what are you waiting for? Grab your copy today and take your first action of your new life. Start to boost your Emotional Intelligence Scroll the top of the page and click the Buy now Button!

*Emotional Intelligence and Personal Relationship* Cody Jhoanson,2019-07-19 Keys to understanding the mind This captivating book describes the concept of emotional intelligence, explains how it is important for personal and professional development, and describes how to apply ideas to evaluate and improve your confidence and performance in the development of your employment insurance. As the different aspects are explained through detailed information, each section is complemented with images to help you review and consolidate learning. We all know what intellectual intelligence is and we also know that it can be misleading because this type of intelligence does not accurately reflect the functioning and management of a person at work or in life. At the end of this book, you will better understand emotional intelligence, which will help you to have more confidence in your decisions and work relationships. This will put you in charge of the pack; Emotional intelligence is a key element of effective management and leadership. Benefits: Find out why EQ is so important to your career. Master the signs of serious and high EQ in you and at work. Determine why certain events or people drive you crazy, and what to do instead Find out when your frustration can cause you to say or do something wrong. Take control of your relationships at work and learn how to create profitable partnerships Exercise self-control and express your passion and authenticity at the same time. Frequently asked Questions What will you learn? You will be able to understand and apply the principles of emotional development in the personal and professional areas. Knowledge to guide or train others towards greater emotional intelligence. Better personal knowledge of the connections between thoughts and feelings and the ability to distinguish them in order to make more informed decisions. More resilient responses to challenges, stress, pressure and high demand. Who is this book for? Employees who want to better control their emotions, identify the subtle signals that others send to their emotions and improve their relationships at work. Leaders and managers who want to know the true research on different emotions and their implications. Management students who want to know about research on emotions and emotional intelligence. Everyone who wants to be smart with their emotions, improve their social skills and lead a better life!

*Emotional Intelligence* May Francis,2020-01-28 Have you ever wished you had the skills to navigate the tidal wave of human emotions? Have you ever found yourself in a situation that you wished with all your heart you had handled better? Have you found yourself at a loss when it comes to dealing with other people? Do you find it difficult to understand why others do what they do? Are your own feelings a mystery to you? Then read on. Human emotions can be scary and unpredictable when you don't have the knowledge of how to handle them. You can't even handle other people's emotions if you can't deal with yours!

Not being able to deal with other's emotions means you'll have a tougher go at persuading people to see things your way or to be of service or help to you. In other words, not having the critical skills that are the pillars of emotional intelligence is costing you opportunities for growth in business, in your career, in love, and in other aspects of life! Getting ahead in life is so much easier when you have a network of people you care about who care about you just as deeply. With this book on emotional intelligence, you will learn, among other things:

- What emotional intelligence is and how it can improve your life and relationships
- How emotional intelligence can make you a better leader
- Tips and tricks for analyzing people
- How to manipulate people to get positive outcomes
- How to manipulate your own emotions for the better

Only one question remains: Are you ready to improve the quality of your life by becoming emotionally intelligent? Then hold on to your hats because you're about to do all that and more with this book you have so wisely invested in.

**Mindset for Success** Glenn Cummings, 2019-08-21 \*\* Buy the paperback version of this book and get the kindle version FREE \*\* If you want to understand yourself more deeply, how to become more disciplined, and how to achieve your goals more frequently or perhaps even always, then keep reading... Did you ever think back on some of the important decisions you made in your life and wonder What was I thinking? or Did I really do that and why?. Do you struggle with procrastination, poor money habits, or your weight? Are you disorganized, suffer from a lack of focus or spend too much time surfing the internet and watching TV? Would you like to reach your goals more quickly? If you've answered yes, this is the book for you! Success is a mind game. If you don't believe this, take a look around. There are plenty of people who have extraordinary talent, passion and skills but aren't succeeding in business or winning the game of life. Do you know a gifted web designer or coach who's barely making ends meet? Maybe your friends with an incredibly smart and driven entrepreneur who can't pay the rent. Or maybe you think that talented yet not so successful person is you. You could be thinking, I know I have the skills to succeed, but I have no idea how I'm going to pay the bills this month. When it comes to rising to the top, talent, skills and passion are just part of the game plan. The rest is all about your mindset. **Mindset For Success: 2 Books in 1 - Emotional Intelligence + Self Discipline Mastery.** Change your Fixed Mindset into a Growth Mindset with the New Millionaire Psychology teaches you what science has unveiled about the most powerful form of human intelligence. Inside Emotional Intelligence book you will discover: What emotional intelligence is, and why rise your EQ is so important How emotional intelligence affects your relationships The importance of empathy How to manage and reduce your negative emotions The Eight-Steps guide to improve your emotional intelligence skills Seven practical exercises you can start doing today to use emotional intelligence in 7 areas of life How to live a life that is happy and fulfilled. and much more... Inside Self Discipline Mastery book you will discover: How to break your bad habits and form new, positive ones How to train your self-discipline to become a true master of your willpower Understand how the brain uses the reward-habit loop to create new habits and curb bad ones Simplify your life and quickly build up your reserves of self-discipline How to apply the principles of self-discipline to almost every area of your life If you set your mindset for success, you will reach your goals more quickly and will then find yourself with the opportunity to create new, and possibly even bigger, goals. Would You Like To Know More? Scroll up to the top of the page and click the Buy Now button. Your key to bounce back from adversity is one click away.

**Emotional Intelligence - Life Mastery** Ewan Miller, 2020-11-28 Do you want to learn to control your emotions when faced with emotionally charged situations? If so then keep reading ..... Are you getting into lots of arguments? Do you struggle to understand how people feel? Do you blame others for your mistakes? Are you finding that your lack of emotional control is stopping you from performing to your best? The Solution is Emotional

Intelligence, a powerful tool that you can use at work and in your personal life, to develop better listening and communication skills in order to create a healthier environment.

“Emotional Intelligence - Life Mastery “ will show you how to manage your emotions giving you the ability to succeed at work, at home and to build friendships. Inside of this book, you will learn: - A simple trick you can do to develop better communication. - The best ways to tackle listening issues. - The one method that will help you to build on your emotional intelligence skills. - Why improving emotional intelligence is crucial to success. - Learn why some people will fail to improve their emotional intelligence. - And much, much more. The proven methods and pieces of knowledge are so easy to follow. Even if you’ve never heard of emotional intelligence before, you will still be able to achieve high levels of success.

*Emotionally Intelligent Parenting* Maurice J. Elias Ph.D., Steven E. Tobias, Psy.D., Brian S. Friedlander, Ph.D., 2011-05-18 Have you, as a parent, ever found yourself treating your children in a way you would never tolerate from someone else? The authors of *Emotionally Intelligent Parenting* call for a new Golden Rule: Do unto your children as you would have other people do unto your children. And most important, they show us how to live by it. Based upon extensive research, firsthand experience, and case studies, *Emotionally Intelligent Parenting* breaks the mold of traditional parenting books by taking into account the strong role of emotions -- those of parents and children -- in psychological development. With this book, parents will learn how to communicate with children on a deeper, more gratifying level and how to help them successfully navigate the intricacies of relating to others. The authors take the five basic principles of Daniel Goleman's best-seller, *Emotional Intelligence*, and explain how they can be applied to successful parenting. To this end, the book offers suggestions, stories, dialogues, activities, and a special section of Sound EQ Parenting Bites to help parents use their emotions in the most constructive ways, focusing on such everyday issues as sibling rivalry, fights with friends, school situations, homework, and peer pressure. In the authors' extensive experience, children respond quickly to these strategies, their self-confidence is strengthened, their curiosity is piqued, and they learn to assert their independence while developing their ability to make responsible choices.

**Emotional Intelligence for Self-Discipline** Ethan King, 2019-12-21 Do you think self-discipline is the main feature that you are missing and that keeps you away from reaching your goals? Do you ever feel sorry for always procrastinating the things that you should actually do? Then keep reading... How can you improve your will power? What can you do to improve your mental toughness? What are emotions? How can you keep your emotions in check? What is emotional intelligence? How can one improve their emotional intelligence? How is emotional intelligence essential in one's life? What are the crucial aspects of emotional intelligence that one has to note? How does one know that his or her emotional intelligence is high or low? There are so many questions that one could ask on emotional intelligence. It is an aspect that has become of so much interest in the current years. We all live with emotions in our lives. Emotions are aspects that we carry with us and cannot leave behind. Emotions help us to know what others are feeling or even what we are feeling. In short, emotions are a way that we express ourselves to the world. Each person has a way that his or her feelings come to be. We are all different, and that applies to the emotional part of human living. Your self-awareness as well as your approach to EI is the key to gain more discipline through all your life goals. Often people deal with their own discipline as if it is something just related to doing something repeatedly and tend to fail afterwards; to overcome this you need to understand what are the emotions that make you fail and what you have to do to gain the mental strength you always desired. The battle is often more in the inside rather than the outside. What does one learn from this book? Learn what emotional intelligence is and how it is essential in self-discipline and mental toughness in human life. Know what is mental toughness and its significant aspects. Also, learn the ways that you can increase your mental toughness to survive in this life. Get to

understand what is self-discipline and also its significant aspects. Learn how you can improve your self-discipline too. Understand the virtuous circle between self-discipline and mental toughness too. Learn how they revolve around each other or work together. Discover why it is essential to set goals, and the reason why writing them down is fundamental. Learn how you can improve your self-discipline every day, and you can enhance using the day to day changes, whether big or small. Get to know how you can overcome the stress and fear that you have in your life. Finally, know what procrastination is and why humans do this behaviour. Also, learn how to avoid this behaviour slowly by slowly. If you think that self discipline is something you just born with and that a book cannot give it to you, it's because you probably have never look this subject from the emotional intelligence point of view. With this book you will find that the link between emotions and your self discipline is much stronger than you might expect. Furthermore, you will understand that it can be learnt and developed starting now! Want to Know More? So, don't procrastinate anymore and get your mental toughness and self-discipline in check. Scroll to the top of the page and hit the buy now button.

**Emotional Intelligence for Self Discipline** John Rich,2019-12-31 Are you tired of the mess in your life? Do you have the feeling that something in your life is getting out of hand? Are you afraid of being a victim of everyday situations and you don't know how to get out of it? Emotional Intelligence for Self-Discipline introduces a new way of achieving self-discipline in your life through the power of your emotional management skills. Self-discipline is the art of knowing how to work with your inner self to create an approach to life that allows you to achieve everything you desire to achieve, with ease. People who are strong in self-discipline virtually always reach their goals and rarely deal with the stress, overwhelm, or frustration of being tied up with emotions or experiences that hold them back. They know how to control their mind enough to move beyond their issues and into action on anything they desire to do in life. If you find yourself feeling overwhelmed by your emotions or constantly dragged around by feelings like fear, anxiety, overwhelm, stress, or even depression, emotional intelligence may be just what you need to help you feel better. As you learn about the power of emotional intelligence you will come to understand that your emotions and even your thoughts are never absolute. You actually have a lot more control over your emotions and thoughts than you might think. In Emotional Intelligence for Self-Discipline: The Guide to Learn How to Manage and Eliminate Fear, Panic Attacks, Guiding Thoughts and Actions to Greater Self-Discipline, Calm and More Self-Awareness you will learn all about the power that you truly carry over your emotions, your thoughts, and yourself. If you are ready to begin learning about this level of self-discipline and self-improvement, this may just be the book for you. In Emotional Intelligence for Self-Discipline, we explore topics such as: What emotional intelligence is How your emotions affect your mind How you can begin to become aware of your emotions What you need to do to navigate your emotions on purpose How you can begin to direct and use your thoughts to help you Why emotional intelligence works Emotionally intelligent leaders you can look up to How you can start believing in yourself with absolute confidence What you can do to overcome procrastination in all areas of your life How to identify your personal values How to begin living in integrity with yourself What you can do to shut out the noise of other people's disbelief and disapproval And so much more Emotional Intelligence for Self-Discipline: The Guide to Learn How to Manage and Eliminate Fear, Panic Attacks, Guiding Thoughts and Actions to Greater Self-Discipline, Calm and More Self-Awareness is the number one go-to guide for anyone who is ready to overcome their difficult thoughts and emotions and experience a better quality of life. If you are ready to start living life on purpose, controlling your emotions rather than being controlled by them, and living a life for you, then you need to grab your copy of Emotional Intelligence for Self-Discipline today. SCROLL UP AND CLICK THE BUY NOW BUTTON!

*Emotional Intelligence & Self Discipline* George Wiseman,2020-11-02 Do you sometimes feel unable to control anger or nervousness? Do you want to know how to keep calm? There are techniques that allow one to be able of thinking before acting and not acting as an impulse but in a reasoned and conscious way. The solution is to practice specific techniques of awareness that will allow you to orientate yourself without being afraid of doing mistakes. Emotional intelligence can be a key to success in your life, especially your career. It corresponds to both be aware of your actions and your feelings, and to know in advance how these elements will influence the choices and decisions of those surrounding you. If every time some mishap occurs, you become distressed and upset, you still have to work a lot on your self-discipline skills. People with emotional intelligence are in fact highly capable of maintaining calm and control in difficult situations, especially when it comes to business. With these habits, you will clearly know how you can best guide your community and give priority to what is most important to achieve your goals. This is what you will learn in *Emotional Intelligence & Self Discipline*, which is part of the *Emotional Intelligence* series. The goal of this books' series is simple: we will teach you habits, mentality and actions to better recognize, feel better emotions and use them to improve yourself and others. You will learn: - How to Manage Anger or Nervousness - How to Gain more Control - To Build Confidence - How to Develop an Unbeatable Mind- To Improve Focus and Concentration- How to Manage Yourself Emotional Intelligence & Self Discipline is a book full of content with exercises that will have an immediate and positive impact on your mentality and on your working environment. We are looking for practical actions that can create real and lasting changes if you practice regularly. Would you like to know more? Get the complete series (6 books) *Emotional Intelligence* by George Wiseman and discover all the benefits

Master Emotional Intelligence Edward Benedict, Jane Orloff, Ray Vaden, 2020-01-22

**Develop Self-Discipline** Daniel Robert, 2020-02-28 Do you want to develop self-discipline? If yes, then keep reading... Self-discipline is exactly what it says-the ability to discipline oneself. It is the ability to know what to do in situations and the fortitude to actually do what is correct in the situation. It is a habit that is vital to daily success. Truly successful people are usually highly disciplined people. No one is born with the ability to truly self-discipline. Babies only care about being taken care of and having their needs met. As children grow older, their parents are in charge of their discipline-at least in the beginning. Parents make the rules, and children follow them because small children lack the thought processes needed to make good decisions on a regular basis. Small children only see the here-and-now, the immediate gratification. They do not know and do not care that a bigger, better reward might be in store for them if they wait patiently. They lack foresight. As children grow older, they begin to see the reasoning behind their parent's rules. They begin to make choices that mirror the choices their parents have made for them in the past. They show that they are learning to discipline themselves. At this point, the parents may begin to step back a little and to loosen the reins. They may allow the child a bit more freedom in making decisions, with the understanding that the parent is available if the choice turns out to be unfavorable. In this way, the child learns in the safety of the home and with the protection of the parents to make good choices and formulate good decisions. The child learns to self-discipline. In a perfect world, this is the way children would be raised. Unfortunately, this is the real world and not a perfect one. The problem is not that parents do not care about their children-it is that many parents do not know how to teach the art of self-discipline to their children. Maybe the parents are not self-disciplined, maybe the parents feel the child will learn it eventually, or maybe the parents simply do not want to let go complete control over the child. For whatever reason, most children are not taught self-discipline as a way of life and reach adulthood with no clue of how to be in charge of themselves. Self-discipline is nothing more than managing one's own personal affairs. It is a way of behaving where people automatically choose to do what should be

done, as opposed to what would more preferably be done. It is studying for a test instead of going to a party. It is washing dirty laundry on a regular basis so that clean clothes are always available. It is following a budget so that future financial goals can be realized. Self-discipline is that inner voice controlling outward actions. It is using willpower to become mentally tough enough to control one's actions by oneself. In this book we will discuss the following topics: How to control your anger How to control your emotions How to get rid of anxiety Free yourself from stress Develop emotional intelligence The relationships that inform your willpower Mindset and approach are everything Build routines and habits for ultimate self-discipline Key to success ...And much more Are you excited? Look no more! Download our book now!!!

*Emotional Intelligence Mastery Mind* Jason Smith, 2020-01-09 This box set includes 7 books that will help you understand what emotional intelligence is and improve your emotional and personal growth. This will allow you to better understand yourself, help you improve your relationships with yourself and the people around you and achieve your goals. In this bundle you will find: **EMOTIONAL INTELLIGENCE**: Complete guide to dominate your emotions, upgrade your EQ and improve your skills. Distinction between intellectual and emotional intelligence and how to best use it. **SELF DISCIPLINE**: Guide to get an excellent concentration, increase the determination and self-confidence, as well as to maximize productivity and achieve goals. **ANGER MANAGEMENT**: A complete and quick guide to recognizing and managing anger, knowing the negative elements and subsequent causes, controlling your emotions and eliminating anxiety **COGNITIVE BEHAVIORAL THERAPY (CBT)**: Effective strategies and methods to overcome anxiety, depression, panic and negative thoughts. Understanding and applying CBT. **HOW TO ANALYZE PEOPLE**: The new essential guide to understanding body language, becoming aware of your body and discovering different types of personalities. **PERSUASION**: understand the concept of persuasion, know how to apply it and discover the best techniques to convince others of unimportant facts, influence them and gain their trust. **MANIPULATION**: Discover the best dark psychology techniques to manipulate and have your mind control. Analyze different behaviors to understand if you have been manipulated and how to have control. What are you waiting for? Buy this box now and start to understand what emotional intelligence is and how to make the most of it.

**Emotional Intelligence 2.0** Theresa Williams, 2021-10-30 Why are so many people with high IQs and excellent academic achievements unsuccessful in life? Why do some people build social relationships with ease while others seem incapable of doing so? Have you ever found yourself in a situation where anxiety and fear overwhelm you to the point that you freeze up or are unable to make the right decision? The secret? **EMOTIONAL INTELLIGENCE!** In today's society, it is believed that a person with great academic achievements and a high IQ has it easy and will certainly be successful in life. But in many cases, getting good grades in college or having a high IQ is not strictly linked to success. Does this seem strange to you? Either way, this is the reality of things. Think about it.. the vast majority of successful people didn't do so well in school. There is a type of intelligence that few know of, yet it is one of the most important for our well-being and that of others, and it is Emotional Intelligence(EI). With the methods explained in the book, you will be able to train and develop this type of intelligence, thus changing your life! You will finally understand how to relate to others in the best way possible by always making the wisest decisions in every area of your life without letting negative emotions take over. This book is for: Those who want to increase work productivity, with a greater capacity for leadership; Those who want to reduce anxiety and stress as well as the risk of suffering from disorders such as depression; Those who would like to know themselves better and make better decisions Those who want to more fully enjoy their relationship as a couple and beyond; Those who want to use empathy to better understand others' moods Those who want to



improve social relations and control anger; And much, much more... Don't worry, it's not your usual academic textbook full of complex terms. This book will give you the right strategies in a simple and challenging way. If you want to discover the power of Emotional Intelligence and finally control your emotions, Get This Book NOW!

Self Discipline Daniel Clark,2019-11-12 Be the Master of Your Emotions with Daniel Clark's Books For all those who are looking for an answer to the question: How can I be the Master of my Emotions and use them in the best way in all areas of My Life?, now you have the opportunity to have a super package at your disposal on your kindle. Self Discipline Bundle includes: Emotional Intelligence: The Essential Beginners Guide to mastering social skills,improve relationship and control emotions (social skills, anger management, enneagram,self-discipline) Emotional Intelligence 2.0: The Most Complete Practical Guide to Boost Your EQ for Social Skills, Business and Relationship and Discover Why it Can Matter More Than IQ Emotional Intelligence: The Essential Beginners Guide Emotional Intelligence: The Essential Beginners Guide give you the information you need to understand how important it is to incorporate emotional intelligence into your life to develop a better understanding of your inner self, your emotions, how your actions can be driven by them, as well as how they can affect others around you. Some of the highlights you'll find in this book: a complete test to understand the level of your emotional intelligence why is empathy one of the most important factors? why can having control of one's own emotions radically change your relational life? why knowing, understanding and being able to manage the emotions of others can make you an incredible person? and much more Emotional Intelligence 2.0: The Most Complete Practical Guide Where others report the basic concepts, in this book the various aspects that characterize Emotional Intelligence have been revised and updated to the present day, with particular attention not only to the personal field, but also to the professional one. This is why this book is different from all the others. Some of the highlights you'll find in this book: a complete path divided into 4 weeks, each for a different thematic area specific exercises for each area How emotionally intelligent are you? Evaluate it with a test created especially for you. and much more. If you want to grow emotionally, learn to know and manage your emotions and use them to change your life for the better, then this book is for you! Scroll up to the top of the page and click the Buy Now button.

**Emotional Intelligence 2.0** Theresa Williams,2020-10-23 Why are so many people with high IQs and excellent academic achievements unsuccessful in life?Why do some people build social relationships with ease while others seem incapable of doing so?Have you ever found yourself in a situation where anxiety and fear overwhelm you to the point that you freeze up or are unable to make the right decision?The secret? EMOTIONAL INTELLIGENCE! In today's society, it is believed that a person with great academic achievements and a high IQ has it easy and will certainly be successful in life. But in many cases, getting good grades in college or having a high IQ is not strictly linked to success. Does this seem strange to you? Either way, this is the reality of things. Think about it.. the vast majority of successful people didn't do so well in school. There is a type of intelligence that few know of, yet it is one of the most important for our well-being and that of others, and it is Emotional Intelligence(EI). With the methods explained in the book, you will be able to train and develop this type of intelligence, thus changing your life! You will finally understand how to relate to others in the best way possible by always making the wisest decisions in every area of your life without letting negative emotions take over. This book is for: Those who want to increase work productivity, with a greater capacity for leadership; Those who want to reduce anxiety and stress as well as the risk of suffering from disorders such as depression; Those who would like to know themselves better and make better decisions Those who want to more fully enjoy their relationship as a couple and beyond; Those who want to use empathy to better understand others' moods Those who want to

improve social relations and control anger; And much, much more... Don't worry, it's not your usual academic textbook full of complex terms. This book will give you the right strategies in a simple and challenging way. If you want to discover the power of Emotional Intelligence and finally control your emotions, Get This Book NOW!

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