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Guide To
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Intelligence

Eq Applied The Real World Guide To Emotional Intelligence

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with Justin Bariso**

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~~Actual Books Justin~~

~~Bariso's 3 Second~~

~~Trick to Stay Calm~~

~~in Tough Situations~~

A GUIDE TO

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7 Riddles That Will
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LOGIC PUZZLES TO
TEST YOUR IQ 20

Signs You're
Emotionally Mature
What is the Rule of
Awkward Silence?
And Why You
Should Embrace It
Negative Emotions
And How It
Controls Your
Life □ □ Law Of

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Only Genius Can a
Answer Part 1 |
95% Fail | Genius
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Intelligence 2 0
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Decaf-Math ASMR*
**Daniel Goleman
Introduces**

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**Emotional
Intelligence | Big
Think**

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The Real World~~

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Emotional~~

Intelligence in the
Real World. Scroll .

We all Need
Emotional

Intelligence. Here's
how to use it to
improve every
aspect of your life.

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Career. See All in
Career. Career.
Nov 5, 2020.
Microsoft
Announces More
Excellent Remote
Work Guidelines
and It's All About
Flexibility ...

~~EQ Applied~~
It is very well
researched but it
also suggests ways

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that you can immediately improve your EQ and apply it in real world situations. It is clear that emotional intelligence is one of the most important skills needed for success in the work life and in our personal life.

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to Emotional
Intelligence ...~~

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Real-World Guide
to Emotional
Intelligence. Kindle
Edition. Switch
back and forth
between reading
the Kindle book
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Intelligence

~~EQ Applied: The Real-World Guide to Emotional Intelligence ...~~

EQ, APPLIED: The Real-World Guide to Emotional Intelligence, uses fascinating

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Research, modern

examples, and

personal stories to

illustrate how

emotional

intelligence works

in the real

world--and

provides a practical

set of tools that

help you make

emotions work for

you, instead of

against you. You'll

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learn how to:

Transform your
strongest emotions
from a destructive
force to a power for
good.

~~The Book — EQ
Applied~~

Justin Bariso
(Goodreads Author)

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Intelligence

reviews. In this age of social media attacks, constant distraction, and rampant corruption, a high emotional intelligence quotient, or EQ, is more important than ever. Justin Bariso brings the concept of emotional

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intelligence up to
date and into the
real world,
combining
scientific research
with high-profile
examples and
personal stories.

~~EQ Applied: The
Real World Guide
to Emotional
Intelligence ...~~
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the concept of emotional intelligence up to date and into the real world, combining scientific research with high-profile examples and personal stories. EQ Applied teaches you how to channel your strongest feelings in a way

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that helps, not harms you—or others—enabling you to break down barriers and improve the quality of your relationships.

~~EQ Applied: The
Real World Guide
to Emotional ...~~

It is very well researched but it

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Real World
also suggests ways
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and apply it in real
world situations. It
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of the most
important skills
needed for success
in the work life and
in our personal life.

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Applied: The Real-
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Emotional
Intelligence in the
Real World.

Welcome to the
EQ, Applied
newsletter sign-up
page! Fill out the
form below and
you'll get plenty of

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(completely free)
tips that show how
to make emotions
work for you,
instead of against
you. First Name:
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~~Newsletter — EQ
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I'm also the author
of "EQ Applied: The
Real-World Guide
to Emotional

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Eq Applied The
Intelligence,” an
international
bestseller that’s
been translated
into over a dozen
languages. I
founded EQ
Applied to help
others harness the
power of emotion
for good.

About — EQ
Applied

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EQ Applied: The
Real-World Guide
to Emotional
Intelligence: Bariso,
Justin:

9783981984118:

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Justin Bariso brings
the concept of
emotional
intelligence up to
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scientific research
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EQ Applied teaches

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Real World Guide To
Improve the quality
of your
relationships. You'll
learn how thoughts
and habits affect
emotions, and how
to replace bad
habits with
healthier ones.

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Real World Guide
to Emotional ...~~

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Intelligence - Kindle
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currently. This eq
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intelligence, as one

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of the most in
action sellers here
will entirely be
among the best
options to review.

EQ, Applied-Justin
Bariso 2018-05-09

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media attacks,
broken
commitments, and
rampant
corruption, a high
emotional

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“With its perfect
balance of solid
research, simple

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Intelligence

explanation, and compelling storytelling, EQ Applied is the new go-to book for developing emotional intelligence.

Whether you're a CEO, a middle-manager, an entry-level employee, or anywhere in between, you'll

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benefit greatly
from reading this
book.”
Emotional

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Real World Guide
to Emotional
Intelligence ...~~

That's the topic of
my forthcoming
book, EQ, Applied:
The Real World
Guide to Emotional
Intelligence. If

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you'd like a sneak
peak, consider how
heeding the
following "10
commandments"
can make...

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Commandments of
Emotional
Intelligence |
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Intelligence Audible
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Unabridged Justin
Bariso (Author), BJ
Harrison (Narrator),
Tantor Audio
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In this age of social media attacks, broken commitments, and rampant corruption, a high emotional intelligence quotient, or EQ, is more important than ever. Justin Bariso brings the concept of emotional

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intelligence up to date and into the real world, combining

scientific research with high-profile examples and personal stories.

EQ, Applied teaches you how to channel your strongest feelings in a way that helps, not harms you--or

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others--enabling
you to break down
barriers and
improve the quality
of your

relationships. You'll
learn how thoughts
and habits affect
emotions, and how
to replace bad
habits with
healthier ones.

You'll see why even
negative feedback

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is a gift, and when being empathetic can actually get you into trouble.

Finally, you'll learn how people can use your emotions to manipulate you, and how you can guard yourself against such attempts, leading to greater mental and emotional

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strength. EQ,
Applied gives you a
set of practical
tools and exercises
that inspire you to
be more helpful,
move past
resentment, and
develop your more
authentic self. By
increasing your
knowledge about
emotions, you'll
better understand

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yourself and make
wiser decisions. It's
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emotions to work.

Intelligence

In this age of social
media attacks,
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you how to channel your strongest feelings in a way that helps, not harms you--or others--enabling you to break down barriers and improve the quality of your relationships. You'll learn how thoughts and habits affect emotions, and how

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to replace bad habits with healthier ones.

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EQ Applied: The
Real-World Guide
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Intelligence by

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Justin Bariso |

Conversation

Starters EQ

Applied: The Real-

World Guide to

Emotional

Intelligence is the

debut book of

author Justin

Bariso. The whole

world now lives in

the age of social

media. People are

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Real World
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distraction. With
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or emotional
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emotional
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world. He combines
volumes of
scientific research,
personal stories
and high-profile
examples to bring
us his discoveries
in EQ Applied.
What Got You Here
Won't Get You
There author

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Marshall Goldsmith

says that EQ

Applied is “a joy to read... a great

asset to

companies.” Emmy

Award-winning

journalist Rebecca

Jarvis says that

Justin Bariso’s must-

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Brief Look Inside:
EVERY GOOD
BOOK CONTAINS A
WORLD FAR
DEEPER than the
surface of its
pages. The
characters and
their world come
alive, and the

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characters and its
world still live on.

Conversation
Starters is

peppered with
questions designed
to bring us beneath
the surface of the
page and invite us
into the world that
lives on. These
questions can be
used to.. Create
Hours of

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Conversation: •
Foster a deeper understanding of the book • Promote an atmosphere of discussion for groups • Assist in the study of the book, either individually or corporately • Explore unseen realms of the book as never seen

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before World

Guide To
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Emotional
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Justin Bariso:
Conversation

Starters EQ
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World Guide to
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author Justin

Bariso. The whole world now lives in the age of social media. People are plagued with constant distraction. With this come social media attacks, rampant corruption, among others. A high EQ or emotional

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Real World
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What Got You Here Won't Get You

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Jarvis says that Justin Bariso's must-read book "shows us a different side to emotional intelligence-and then teaches readers how to grow their own, step by step." A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR

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DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. Conversation Starters is peppered with questions designed to bring us beneath the surface of the

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page and invite us into the world that lives on. These questions can be used to... Create Hours of

Conversation: -

Promote an atmosphere of discussion for groups - Foster a deeper understanding of the book - Assist in

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Starters.

In this age of social
media attacks,
broken
commitments, and
rampant

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move past
resentment, and
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knowledge about
emotions, you'll
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yourself and make
wiser decisions. It's
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* * * * * Justin

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Bariso is an author,
speaker,
consultant, and
one of Inc.com's
most popular
columnists. His
thoughts on
leadership,
management, and
emotional
intelligence have
been featured by
TIME, CNBC, and
Forbes, among

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others. He has been recognized repeatedly by LinkedIn as a "Top Voice" in management and workplace culture. Raised in a multicultural environment, Justin learned to see the world through different sets of eyes. He was

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fascinated by the way a single news report could inspire very different emotional reactions in others, based on factors like their age, background, and upbringing. After spending a decade in management for a major nonprofit, he moved to

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Europe and began
his own consulting
agency, where he's
worked with a wide
range of
companies from
small businesses to
Fortune 500
companies. Today,
Justin focuses on
helping others
harness the power
of emotion for
good. * * * * *

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*Praise for EQ

Applied:"EQ

Applied is well researched, full of interesting stories, and a joy to read. It's a great asset to companies looking to gain insights into leadership and management and improve their corporate culture as a

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whole." MARSHALL
GOLDSMITH, world-
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leadership thinker
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and What Got You
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There "What is
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Justin Bariso
answers that

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Real World

completely. With a fresh perspective, he shows us a different side to emotional intelligence--and then teaches readers how to grow their own, step by step. This is a must read."

REBECCA
JARVIS, Emmy

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Award-winning
journalist and host
of the No Limits
with Rebecca Jarvis
podcast "A
captivating read
that takes much of
what we've learned
about emotional
behavior and
shows you how to
put those lessons
to work." HENDRIE
WEISINGER, Ph.D.,

Online Library Eq Applied The

bestselling author
of Performing
Guide To
Under
Emotional
Intelligence
Pressure" With its
perfect balance of
solid research,
simple explanation,
and compelling
story-telling, EQ
Applied is the new
go-to book for
developing
emotional
intelligence.

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Whether you're a CEO, a middle-manager, an entry-level employee, or anywhere in between, you'll benefit greatly from reading this book."J.T.

O'DONNELL,
founder and CEO of
Work It Daily"EQ
Applied is a
remarkable book

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that is full of practical wisdom. Whether this is the first book you read on emotional intelligence or your fifth, you'll discover new, actionable insights...

The whole world now lives in the age of social media. People are

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plagued with
constant
distraction. With
this comes social
media attacks,
rampant
corruption, among
others. A high EQ
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and high-profile
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in EQ Applied.

An accessible, how-

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Emotional
intelligence and
incorporate these
tools into your life.

EMOTIONAL

INTELLIGENCE: THE

#1 PREDICTOR OF

PROFESSIONAL

SUCCESS AND

PERSONAL

EXCELLENCE In

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today's fast-paced world of competitive workplaces and chaotic personal lives, each of us is searching for effective tools that can make our schedules, behaviors, and relationships more manageable. The Emotional

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Quickbook shows us how understanding and utilizing emotional intelligence can be the key to exceeding our goals and achieving our fullest potential.

Authors Bradberry and Greaves use their years of

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experience as
emotional
intelligence
researchers,
consultants, and
speakers to
revitalize our
current
understanding of
emotional
intelligence. They
have combined
their latest
research on

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emotional
intelligence with a
quick, easy-to-use
format and cut-to-
the-chase
information to
demonstrate how
this other kind of
"smart" helps us to
decrease our
stress, increase our
productivity,
understand our
emotions as they

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Quickbook brings this concept to light in a way that has not been done before -- making EQ practical and easy to apply in every aspect of our daily lives. The

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Quickbook will help you to: -Engage the four unique areas of EQ: self-

awareness, self-management, social awareness, and relationship management

-Increase your EQ through the use of these skill-building techniques -Apply your EQ at work to

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develop leadership
skills and improve
teamwork, making
you a better
manager and a
more desirable
employee -Practice
your EQ outside
the office
environment to
benefit your
relationships with
loved ones, making
you a better

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partner and parent

-Access the link
between your EQ
and your physical

well-being to

improve your
overall health

-Measure your
current EQ through
access to the
authors' bestselling
online Emotional
Intelligence

Appraisal

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Know-it-all bosses, overcompetitive colleagues, and leaders who rarely leave their offices--common EQ problems such as these damage not just camaraderie, but also results. Because of this, managers are

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discovering now
more than ever
that emotional
intelligence
(EI)--knowing how
to manage
emotions,
empathize, build
relationships, and
more--is a vital
contributor to a
company's
success. But how
does one go about

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persuading others
to improve their EI?

Guide To
The Emotional
Intelligence Activity

Kit shows the way
with 50 practical

exercises to: •

Promote

introspection •

Increase empathy

• Improve social

skills • Boost

influence • Inspire

purpose • Bring

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everyone on
board• And more
Studies have
proven that
emotional
intelligence drives
performance. But
the problem has
always been how
to utilize this
knowledge and
inspire new ways of
thinking among
individuals. But

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with this must-have
kit, trainers,
coaches, and
organizational
development
professionals can
now break through
and trigger lasting
EQ improvements
in order to create
thriving, successful
organizations.

Self-awareness is

Page 99/111

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the bedrock of emotional intelligence that enables you to see your talents, shortcomings, and potential. But you won't be able to achieve true self-awareness with the usual quarterly feedback and self-reflection alone. This book will teach

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you how to
understand your
thoughts and
emotions, how to
persuade your
colleagues to share
what they really
think of you, and
why self-awareness
will spark more
productive and
rewarding
relationships with
your employees

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Eq Applied The
Real World. This
volume includes
the work of: Daniel
Goleman Robert
Steven Kaplan
Susan David HOW
TO BE HUMAN AT
WORK. The HBR
Emotional
Intelligence Series
features smart,
essential reading
on the human side
of professional life

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from the pages of
Harvard Business
Review. Each book
in the series offers
proven research
showing how our
emotions impact
our work lives,
practical advice for
managing difficult
people and
situations, and
inspiring essays on
what it means to

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tend to our
emotional well-
being at work.
Uplifting and
practical, these
books describe the
social skills that
are critical for
ambitious
professionals to
master.

Become
Emotionally

Page 104/111

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Smarter with a
Practical Approach!
Emotional
intelligence has
been a buzzword in
the personal
growth industry
and in high-level
corporate
recruitment
strategies since
1995, when Daniel
Goleman used the
term for his book

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title and topic. As we would say today, his use of it "went viral"

immediately, in the world of business and mental health in particular. Often abbreviated as "EQ", emotional intelligence is the personal ability you have to recognize and label your own

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emotions and feelings, and to use this information to steer your thinking and behavior in the desired direction.

Whether you are looking to climb the career ladder with ease, thrive during social events or simply feel more at peace with yourself, a

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well-developed EQ is absolutely critical. During the course of this book, we will take a look at the current knowledge surrounding the subject, as well as how you can vastly improve your own emotional intelligence with a series of simple,

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practical exercises.

You will learn

about: - How to
observe and

analyze your

emotions at any
given moment. -

How to connect
more easily with

people and build
strong and lasting

relationships. - How
your body reacts to

your various

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emotional states. -

How to release
unwanted and
potentially

destructive
emotions. -

"Thought traps"
and how to deal
with them. -

Mindfulness and its
role in developing

EQ. - How to
improve your EQ in
everyday

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environments. -
How having a
higher emotional
intelligence will
benefit your life.
And more!

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