



## Emotional Intelligence: A Guide to Managing and Understanding Emotions Within Yourself and Others to Achieve Happiness, Great Relationships and Success in Life!

By Mark West

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you desire success in all areas of your life then it is essential that you have emotional intelligence. Emotional intelligence is the ability to identify and manage your own emotions as well as recognizing and identifying the emotions of others so that you can influence thinking and behavior. Studies done in the area of emotional intelligence have found that when it comes to being happy, successful in your career and relationships emotional intelligence is actually more important than your IQ or intelligence quotient. IQ is important, but what good does it do you if you have a high IQ but you are terribly out of touch with yourself and others? Having emotional intelligence bridges this gap and will allow you to not only get in touch with your own emotions and learn how to effectively manage them but it will enable you to also be in tune with the emotions of others. So how do you develop or refine your emotional intelligence? In his book entitled Emotional Intelligence: A Guide to Understanding Emotions Within Yourself and Others...



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