

EQ

Erica Carillo

Emotional Intelligence Daniel Goleman, 2012-01-11 #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.

EQ, Applied Justin Bariso, 2018-05-09 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 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 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 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 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 yourself and make wiser decisions. It's time to put your emotions to work.

Sales EQ Jeb Blount, 2017-03-20 The New Psychology of Selling The sales profession is in the midst of a perfect storm. Buyers have more power—more information, more at stake, and more control over the sales process—than any time in history. Technology is bringing disruptive change at an ever-increasing pace, creating fear and uncertainty that leaves buyers clinging to the status quo. Deteriorating attention spans have made it difficult to get buyers to sit still long enough to "challenge," "teach," "help," give "insight," or sell "value." And a relentless onslaught of "me-too" competitors have made differentiating on the attributes of products, services, or even price more difficult than ever. Legions of salespeople and their leaders are coming face to face with a cold hard truth: what once gave

salespeople a competitive edge—controlling the sales process, command of product knowledge, an arsenal of technology, and a great pitch—are no longer guarantees of success. Yet this is where the vast majority of the roughly \$20 billion spent each year on sales training goes. It's no wonder many companies are seeing 50 percent or more of their salespeople miss quota. Yet, in this new paradigm, an elite group of top 1 percent sales professionals are crushing it. In our age of technology where information is ubiquitous and buyer attention spans are fleeting, these superstars have learned how to leverage a new psychology of selling—Sales EQ—to keep prospects engaged, create true competitive differentiation, as well as shape and influence buying decisions. These top earners are acutely aware that the experience of buying from them is far more important than products, prices, features, and solutions. In Sales EQ, Jeb Blount takes you on an unprecedented journey into the behaviors, techniques, and secrets of the highest earning salespeople in every industry and field. You'll learn: How to answer the 5 Most Important Questions in Sales to make it virtually impossible for prospects to say no How to master 7 People Principles that will give you the power to influence anyone to do almost anything How to shape and align the 3 Processes of Sales to lock out competitors and shorten the sales cycle How to Flip the Buyer Script to gain complete control of the sales conversation How to Disrupt Expectations to pull buyers towards you, direct their attention, and keep them engaged How to leverage Non-Complementary Behavior to eliminate resistance, conflict, and objections How to employ the Bridge Technique to gain the micro-commitments and next steps you need to keep your deals from stalling How to tame Irrational Buyers, shake them out of their comfort zone, and shape the decision making process How to measure and increase you own Sales EQ using the 15 Sales Specific Emotional Intelligence Markers And so much more! Sales EQ begins where The Challenger Sale, Strategic Selling, and Spin Selling leave off. It addresses the human relationship gap in the modern sales process at a time when sales organizations are failing because many salespeople have never been taught the human skills required to effectively engage buyers at the emotional level. Jeb Blount makes a compelling case that sales specific emotional intelligence (Sales EQ) is more essential to success than education, experience, industry awareness, product knowledge, skills, or raw IQ; and, sales professionals who invest in developing and improving Sales EQ gain a decisive competitive advantage in the hyper-competitive global marketplace. Sales EQ arms salespeople and sales leaders with the tools to identify their most important sales specific emotional intelligence developmental needs along with strategies, techniques, and frameworks for reaching ultra-high performance and earnings, regardless of sales process, industry, deal complexity, role (inside or outside), product or service (B2B or B2C).

Emotional Intelligence 2.0 Travis Bradberry, Jean Greaves, 2009 Presents a step-by-step guide for increasing emotional intelligence through four core principles: self-awareness, self-management, social awareness, and relationship management.

The EQ Edge Steven J. Stein, Howard E. Book, 2011-04-26 REVISED AND UPDATED WITH NEW RESEARCH INTO EQ AND PERSONAL AND CAREER SUCCESS What is the formula for success at your job? As a spouse? A parent? A Little League baseball coach or behind the bench of a minor hockey team? What does it take to get ahead? To separate yourself from the competition? To lead a less stressful

and happier existence? To be fulfilled in personal and professional pursuits? What is the most important dynamic of your makeup? Is it your A) intelligence quotient? or B) emotional quotient? If you picked A, you are partly correct. Your intelligence quotient can be a predictor of things such as academic achievement. But your IQ is fixed and unchangeable. The real key to personal and professional growth is your emotional intelligence quotient, which you can nurture and develop by learning more about EQ from the international bestseller *The EQ Edge*. Authors Steven J. Stein and Howard E. Book show you how the dynamic of emotional intelligence works. By understanding EQ, you can build more meaningful relationships, boost your confidence and optimism, and respond to challenges with enthusiasm—all of which are essential ingredients of success. *The EQ Edge* offers fascinating—and sometimes surprising—insights into what it takes to be a top law-enforcement officer, lawyer, school principal, student, doctor, dentist or CEO. You will learn what the top EQ factors are across many different kinds of jobs, from business managers and customer service representatives to HR professionals and public servants. *The EQ Edge* will help you determine which personnel are the right fit for job opportunities and who among your staff are the most promising leaders and drivers of your business. And because all of us have other roles—parent, spouse, caregiver to aging parents, neighbor, friend—*The EQ Edge* also describes how everyone can be more successful in these relationships. Finally, a practical and usable guide to what emotional intelligence is all about. This book peels the onion on what EQ really is and teaches the reader to assess their own EQ and how to increase it. This is the holy grail for career success.—Michael Feiner, Professor, Columbia Graduate School of Business and author of *The Feiner Points of Leadership*

Executive EQ Robert K. Cooper, Ayman Sawaf, 1997 Describes the Emotional Quotient (EQ) and the EQ Map which can be used to identify the behavioral patterns, values, and emotions which underlie decisions and actions in business situations.

The EQ Edge Steven J. Stein, Howard E. Book, 2011-04-05 REVISED AND UPDAT ED WITH NEW RESEARCH INTO EQ AND PERSONAL AND CAREER SUCCESS What is the formula for success at your job? As a spouse? A parent? A Little League baseball coach or behind the bench of a minor hockey team? What does it take to get ahead? To separate yourself from the competition? To lead a less stressful and happier existence? To be fulfilled in personal and professional pursuits? What is the most important dynamic of your makeup? Is it your A) intelligence quotient? or B) emotional quotient? If you picked A, you are partly correct. Your intelligence quotient can be a predictor of things such as academic achievement. But your IQ is fixed and unchangeable. The real key to personal and professional growth is your emotional intelligence quotient, which you can nurture and develop by learning more about EQ from the international bestseller *The EQ Edge*. Authors Steven J. Stein and Howard E. Book show you how the dynamic of emotional intelligence works. By understanding EQ, you can build more meaningful relationships, boost your confidence and optimism, and respond to challenges with enthusiasm—all of which are essential ingredients of success. *The EQ Edge* offers fascinating—and sometimes surprising—insights into what it takes to be a top law-enforcement officer, lawyer, school principal, student, doctor, dentist or CEO. You will learn what the top EQ factors are across many different kinds of jobs, from business managers and customer service representatives to HR professionals and public servants. The

EQ Edge will help you determine which personnel are the right fit for job opportunities and who among your staff are the most promising leaders and drivers of your business. And because all of us have other roles-parent, spouse, caregiver to aging parents, neighbor, friend-The EQ Edge also describes how everyone can be more successful in these relationships. Finally, a practical and usable guide to what emotional intelligence is all about. This book peels the onion on what EQ really is and teaches the reader to assess their own EQ and how to increase it. This is the holy grail for career success.—Michael Feiner, Professor, Columbia Graduate School of Business and author of *The Feiner Points of Leadership*

EQ Applied Justin Bariso, 2018-05-09 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 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 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 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 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 yourself and make wiser decisions. It's time to put your emotions to work.

The Emotional Intelligence Activity Book Adele Lynn, 2001-12-26 We've all heard of IQ...but what's EQ? It's Emotional Quotient (aka Emotional Intelligence), and experts say that EQ is a greater predictor of success at work than IQ. Companies are increasingly looking for ways to motivate and develop their employees' emotional intelligence. This book presents trainers and coaches with 50 innovative exercises to be used for either individuals or groups. The activities found in the book are grouped according to the various core competencies associated with Emotional Intelligence: * Self-Awareness and Control: an awareness of one's values, emotions, skills, and drives, and the ability to control one's emotional responses * Empathy: an understanding of how others perceive situations * Social Expertness: the ability to build relationships based on an assumption of human equality * Mastery of Vision: the development and communication of a personal philosophy The book also includes suggested training combinations and coaching tips.

Emotional Intelligence Erica Carillo, 2014-12-23 It has been shown that emotional intelligence is just as important as IQ or standard intelligence. Recently it has been proven that people who have high emotional intelligence are more likely to score better jobs, have a more fulfilling social life, and their overall happiness is higher. This book dives into the difference between IQ and EQ, and how you can improve emotional intelligence. It is a step-by-step guide so you can maximize your improvement. Give yourself the opportunity to improve your emotional intelligence so that you can be your best self.

The Power of EQ Karen D. Nutter, 2015-05-29 Increase your EQ Master

Leadership Maximize Your Potential Whether you are an individual searching for solutions, or a business professional looking to empower your employees, The Power of EQ can show you how to create the life you deserve. Successful businesses know that the key to success is having a team of qualified, happy, and confident employees. In The Power of EQ, corporate and lifestyle skills coach Karen Nutter systematically shows you how to create the future you envision by helping you achieve higher levels of performance; enabling you to express your inner purpose and passion through your goals and actions. After reading this insightful and thoughtful book, you will enjoy becoming more focused, organized, and motivated in all aspects of your personal and professional life. "IQ is a measure of intelligence, but EQ may well be the new measure of success. This book shows that you can develop your EQ and improve not only your career, but your personal life as well." John Delaney president of the University of North Florida "Anyone looking to advance their career or improve their interpersonal relationships will benefit from The Power of EQ. Pick up a copy and discover the real secret to success." Jon Gordon author of Soup and The Carpenter "Karen Nutter is one of the best coaches in the business and now Karen's words, wisdom, and wit can help you reach all your goals. I highly recommend this book." Derrick Sweet chairman of Healthy Wealthy and Wise Corporation and author of Get The Most Out Of Life

Golf Eq Dr. Izzy Justice, 2016-12-23 The game of golf is as much a test of your emotions as it is a test of your golf skills. A golfer is only hitting shots for a few minutes a round the rest is another game between shots requiring a completely different set of skills (EQ) that can be learned. This very cutting-edge book is based on neuroscience with interactive exercises to build your own mental plan to allow you to perform at your best when it matters most. Dr. Justice gives us a language and framework to process emotions in golf and make better decisions so we can enjoy this beautiful game a little bit more. Gary Player World Golf Hall of Fame As a golf instructor for more than 40 years, I can say this book stands at the frontier of what is to be the new and proper way to train golfers now and in the future. David Ross PGA Lifetime Member, Ross Golf Academy

The EQ Leader Steven J. Stein, 2017-04-05 A roadmap to success for tomorrow's leaders The EQ Leader provides an evidence-based model for exceptional leadership, and a four-pillar roadmap for real-world practice. Data collected from thousands of the world's best leaders—and their subordinates—reveals the keys to success: authenticity, coaching, insight, and innovation. By incorporating these methods into their everyday workflow, these leaders have propelled their teams to heights great enough to highlight the divide between successful and not-so-successful leadership. This book shows you how to put these key factors to work in your own practice, with clear examples and concrete steps for improving skills and competencies. New data from the author's own research into executive functioning describes the neurological aspects of leadership, and a deep look at the leaders of tomorrow delves into the fundamental differences that set them apart—and fuel their achievement. Leadership is changing, both in look and practice; strictly authoritative approaches are quickly losing ground as today's workers discover the power of collaboration and the importance of interpersonal awareness. This book provides step-by-step guidance for leading from within this space, with evidence-based approaches for success. Lead

authentically to inspire and motivate others Support employee's needs and nurture development Communicate with purpose, meaning, and vision Foster ingenuity, imagination, and autonomous thinking An organization's success rests on the backs of its leadership. At all levels, true leadership is about much more than management and task distribution—it's about commitment, collaboration, nurturing talent, developing skills, fostering relationships, and so much more. The EQ Leader integrates the essential factors of successful leadership into a concrete blueprint for the future's leaders.

Goodfinding William G. DeFoore Ph.D., 2022-11-03 You're born with a brilliant mind, but it doesn't come with a user's guide or an on-off switch. Left to its own devices, it can feel like your worst enemy when its survival-based default program keeps you focused on what is wrong with you and your world. This book is the user's guide that puts you in charge of how your mind works. With positive psychology and emotional intelligence working for you, you will become the conscious creator you were born to be. *Goodfinding* activates your brilliant mind with gratitude, appreciation, and optimism for your past, present, and future, deriving value and opportunity from all of your life experiences. William G. DeFoore, Ph.D., a mental health counselor for more than fifty years, shares this roadmap to help you achieve your desired outcomes. The premise of the book is that you have a good heart, and when you use your brilliant mind effectively, it will be in direct service to that inner goodness. *Goodfinding* will become your manual, guide, and companion as you expand into the best version of the person you choose to be. What you pay attention to grows, and finding the good helps the good find you. What others are saying about *Goodfinding*: *Goodfinding* offers several lifetimes of wisdom on each and every page. There are so many engaging ideas and tools for readers to live their most present life, in mind, body, and spirit. The entire book is a well-informed and life-giving workbook, and a therapy book for a doctorate level course in Awakened Living! Carolyn Craft, PsyD. Unity Minister, Pastoral Counselor, Coach, and media executive First the name "*Goodfinding*" attracted my attention as a clever and warm-hearted summation of William DeFoore's core philosophy. Then in page after page of life experience, practical wisdom, and useful tools and perspectives, I found my mood brighten along with my faith in humanity. Thank God we have teachers like William to share essential knowledge so critical to humankind in these troubled times. Bruce Cryer, MA, former CEO, HeartMath, adjunct faculty, Stanford University Dr. William DeFoore's book, *Goodfinding*, is inspirational. It manages to describe important, complex systems in easily understandable terms. The basic principles outlined in *Goodfinding* are laid out in very practical vignettes that make them immediately accessible to the person ready to put them in practice. Most impressive is Dr. DeFoore's ability to put into practice, through his easy manner of relating to the reader, the very principles he describes in the text designed to promote self-confidence, self-acceptance, compassion, and optimism. Larry J. Benoit, Ph.D. Clinical Psychologist In *Goodfinding*, Dr. William DeFoore has made available to all of us a path, a way of using our mind and heart to make a positive contribution to life, starting with our own. It's so clear: If we are likely to find what we are looking for, why not look for what is 'good'? And when we truly appreciate people and things, we live up to the original meaning of that word: we see the positive value and quality of what is there. Dr John. J. Scherer, author, Leadership Development Facilitator William

DeFoore's Goodfinding presents a recipe for discovering joy and happiness in your life. And it does so by inviting the reader to directly participate in highly effective, efficacy-based strategies for positive change, presented in a beautifully flowing, profoundly engaging, grounded but succinct, and to-the-point tour of how to find the good in living. How can anyone join Dr. DeFoore on this virtual romp through the land of positivity, of possibilities, of Goodfinding without becoming overcome with the pure exhilaration of being alive? You will enjoy this ride. Larry C. Stevens, Ph.D., Professor of Psychological Sciences, Northern Arizona University To listen to the audiobook version, please click the link:
<https://amzn.to/3Y88iaz>

The EQ Intervention Adam L. Saenz, 2021-07-27

Emotional Intelligence Mastery Travis Wells, Daniel Gillingham, 2019-03-28 Do you want to master your life, conquer your emotions, and enjoy more fulfilling relationships? Then keep reading... Do you find it hard to resolve arguments and conflicts due to misunderstanding other people's feelings? Have you struggled to maintain healthy relationships in the past due to your lack of social skills? Are you constantly irritated or stressed due to an inability to control your emotions? When you lack emotional intelligence skills, you may find yourself struggling to build healthy relationships, succeed in life, or achieve career goals. It's no wonder that many experts agree on why it can matter more than IQ. A person's level of emotional intelligence quotient, or EQ, refers to their ability to identify emotions in themselves and others, and manage them in a beneficial and rewarding way. Emotional intelligence can play a major role in how we interact with others. Especially with the rise of artificial intelligence and automation, it's essential to be socially competent more than ever. The good news is that emotional intelligence development is possible for anyone! If you struggle with self-awareness, self-control, empathy, effective communication, persuasion, self-confidence, assertiveness, or social skills, you will greatly benefit from reading this book. Emotional Intelligence Mastery: Why EQ is Important for Success and Matters More Than IQ will provide you with actionable steps for boosting your emotional intelligence. In this book, you'll discover: How being an emotionally intelligent person can benefit you The secret to quitting self-sabotaging behavior for good The leading obstacle to your motivation and why you need to avoid it at all cost Why you should embrace stress and how to use it to your benefit The biggest mistake people make in conversations (Hint: it's not what you think) How being in an optimistic mood can lead to financial ruins A simple, yet effective technique to get anyone, even reserved people to open up to you Emotional intelligence for kids: Why EQ is essential for parenting Simple emotional intelligence leadership techniques that anyone can master. A powerful word to diffuse difficult situations and get the other person to adopt your point of view Specific keywords you can use to elicit your desired response and tap into your recipient's subconscious mind A skill that will never be replaced by automation and why it's crucial to master it Case studies of how working with emotional intelligence led to massive achievements by great leaders How to identify and destroy manipulative people to regain respect and control And much much more! This is the most comprehensive guide on how you can improve your emotional intelligence! It even includes a simple and easy to get started with action plan that you can use to start boosting your EQ today. So

if you're tired of missing out on all the amazing opportunities life has to offer, then take action now. Order this book and begin your journey today!

The E. Q. Genius Gloria Valerio Moses, 2014-09-22 Almost everyone is familiar with IQ, or Intelligence Quotient, a measurement of intelligence arrived at by tests of reasoning and comprehension. A little less well-known is EQ, which refers to emotional intelligence. We know what emotions are-- happiness, sadness, fear, anger, boredom, surprise--but what, specifically, is the meaning of emotional intelligence? Simply put, emotional intelligence is the ability to perceive, understand, express and control emotions. At the most basic level, perception: being in touch with your emotions, as well as the emotions of others. When you feel bad, do you know specifically what you are feeling? Is it anger, fear, anxiety, sadness, or just boredom? How accurately you can evaluate your feelings is a measure of emotional intelligence. Another important component is how well you can correctly identify the emotions of others. Most of us tend to do this subconsciously, through the observation of facial expressions, body language, and vocal tone, as well as consciously, by listening to what others say (however, if those to whom you are listening are not well in touch with their own emotions, or have a reason to be duplicitous about how they are feeling, it's best to go with the non-verbal cues). ===== TABLE OF CONTENTS =====
Definition of EQ EQ Basics: Perception EQ Basics: Understanding EQ Basics: Expression EQ Basics: Management Is IQ more important than EQ? Figuring Out IQ and EQ Scores IQ Doesn't Always Help EQ Is Increasingly Favored by Potential Employers-and Voters Conclusions - Did EQ Win the Battle? What Are Signs of High and Low EQ? The Five Main Components of EQ Other Signs of High EQ Signs of Low EQ Going Overboard- the Dark Side of EQ Charismatic Manipulators When EQ is a Liability, Rather than an Asset How to Raise Emotional Intelligence Brush Up on the Basics Other books by JNR Publishing Group Bonus!

Emotional Intelligence Ryan James, 2018-04-18 Have 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 it's ambition, IQ, and position that determines life's outcomes. What if I told you there was something within each of us that promises greater happiness and success? It'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 doesn't take wealth, beauty, or brains to increase your Emotional Intelligence. It takes awareness, knowledge, and practice, which won't cost you anything but a little time. So, journey with me through the pages of this book and together let's discover how you can have all the good things life has to offer.

BSS: The New Rules of EQ Rob Yeung, 2012-08-17 If you have not heard of emotional intelligence – or EQ – what planet have you landed from? You may be sick of people bleating on and on about EQ. But it is undoubtedly true that being intelligent is not enough to get you ahead at work anymore. You also

have to be emotionally intelligent. In this savvy book, business psychologist Rob Yeung explains succinctly and accessibly the rules to behaving in an emotionally intelligent way. Far from being pure psychobabble, EQ is about finding out what makes others tick and can be highly effective. What are their hot buttons? Once you know what buttons to push, you can make people tick in ways that will help you out at work and in your career.

The Emotional Intelligence Quick Book Travis Bradberry, Jean Greaves, 2006-12-01 An accessible, how-to guide that brings focus to the unique skills that comprise emotional intelligence and incorporate these tools into your life. **EMOTIONAL INTELLIGENCE: THE #1 PREDICTOR OF PROFESSIONAL SUCCESS AND PERSONAL EXCELLENCE** In 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 Intelligence 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 experience as emotional intelligence researchers, consultants, and speakers to revitalize our current understanding of emotional intelligence. They have combined their latest research on 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 happen, and interact positively with those around us. The Emotional Intelligence 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 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 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 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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EQ Introduction

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