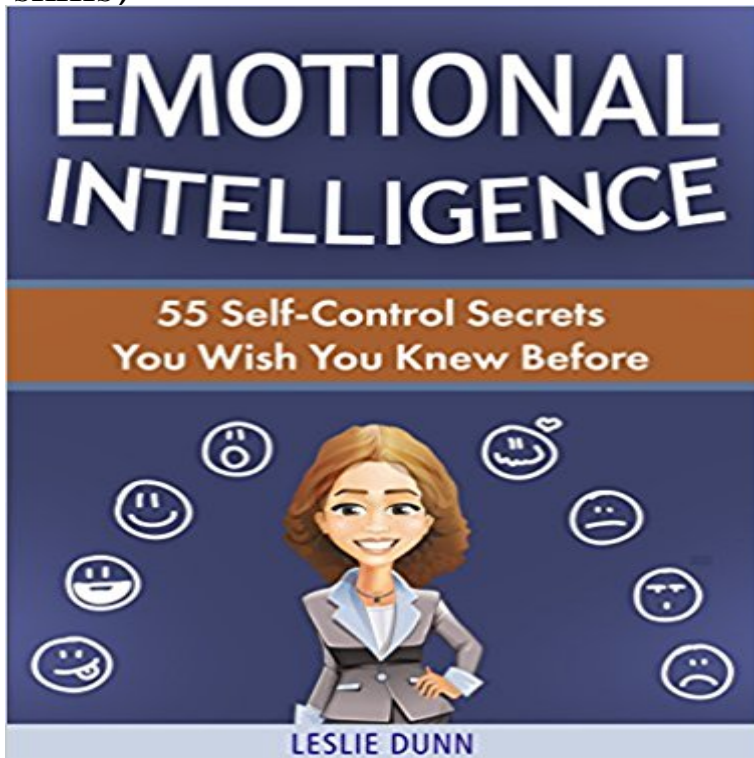


Emotional Intelligence: 55 Self-Control Secrets You Wish You Knew Before (Emotional Intelligence, emotional intelligence at work, people skills)



A strong emotional intellect is a common factor between all who excel in this world. It equips you with the tools to gain extreme passion and dedication, to interact productively and happily with other people, to attract good things into your life and generally maintain a positive, happy, constructive mindset. What is emotional intelligence? In short, it is the ability to gain control of ones emotions. This means learning to process negative emotions by placing them in a healthy perspective, whilst simultaneously promoting the onset of positive emotions that will work for the betterment of your productivity and your happiness. This book is a positive first step towards developing your own emotional intelligence. As you read, you will need an open mind as to the measures you would be willing to take on to continue in this direction. Some of the ideas this book discusses are more extreme than others, and you will find that they all focus on developing your understanding and application of several basic principles. The development of emotional intelligence is an ongoing process, but an extremely important one that doesnt require huge amounts of effort. This book will teach you 55 valuable lessons about emotional intelligence in the fields of: The Personal approach to Self The Organized approach to Emotional Development Emotional Intelligence in Relating to Others This book teaches you all the fundamental knowledge and skills that you need to begin your journey to develop your emotional intelligence. Study it well, and take on board the ideas and techniques that you feel you need to adopt the most. If personal development is something that you consider to be an important pursuit, then you must not ignore the importance of emotional intelligence. You have found the perfect place to start, right here in this book
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