



## Emotional Intelligence: The Comprehensive Guide to Increasing Your Eq (Paperback)

By Michael Wakefield

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.When we think of our emotions, we often tend to see them as ways of reacting to the world: we feel happiness, sadness, anger, hope, and other emotions because we act on the world, and the world acts on us in turn, and we show our initial reactions by means of our instincts and feelings. What if there was more than one way of understanding our emotions? What if we could learn to see our emotions as ways of changing the world for the better? What if we could learn to harness our emotions in order to improve our relationships with ourselves and with others? This is the key idea to understanding the topic of emotional intelligence, the overarching term for the various skills and capabilities related to understanding our own emotions and those felt by other people. These skills and capabilities include identifying emotions, managing them, and using them to build better interpersonal relationships. Emotional intelligence has been touted as the key to long-term success: it has been linked to the prospect of a more satisfying experience at work....



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