



Emotional Intelligence: How to Improve Your Emotions and Self Awareness - An Ultimate Guide to Eq Mastery (Paperback)

By David Morales

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Emotional Intelligence: How To Improve Your Emotions And Self Awareness- An Ultimate Guide To EQ Mastery Do you often react in ways that you regret later? Do you find it almost impossible for you to control your emotional reactions to different stimuli, whether good or bad? Well, the truth is; even during good times, it is not always that we want to show our excitement to others. Think about it; you don't want to look overly excited when you are about to win a game of poker, do you? The same applies to undesirable emotions. If you have angry outbursts at the slightest provocation, break down into tears when faced with challenges and have a hard time dealing with challenging situations such that you snap at people regularly, you need to do something about it. This something is what we refer to as building emotional intelligence and this book will show you exactly how to go about it. In this book, you will discover what emotional intelligence is and how to build your emotional intelligence so that you...



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