



Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & ... Awareness, Emotions, Positive Psychology)

Kevin Moore

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Want to Build Self Confidence?

Looking to Learn How to Control Your Emotions?

Want to Find Long Last Success?

If you answered “YES” to any of the above questions than you'll want to learn about the important role emotional intelligence plays in your everyday life.

What is emotional intelligence. Well, emotional intelligence is defined as “our capacity to control, be aware of, and express our emotions, while handling our interpersonal relationships both empathetically and judiciously. Emotional intelligence also allows us to recognize other people’s emotions and how to use that information to guide both our behavior and thinking.”

This book will teach you what you'll need to do to become more emotionally intelligent and therefore improve your interpersonal connections both at work and home. It will increase your sense of self awareness and allow you to be in control of your emotional state letting you making smarter more informed choices instead of being clouded or negatively affected by your feelings.

Inside You Will Learn:

An Introduction to Emotional Intelligence

Self Perception, Mindfulness & Emotional Intelligence

Developing Emotional Intelligence In The Work Place

Improving Interpersonal Skills & Social Interactions

100+ Skills, Tips & Tricks to Improve Your Emotional Intelligence

A Guide to Emotional Intelligence Apps, Tests, Books, & Resources

And Much More!

After you've finished with this book, my hope is that you'll have learned some useful tips and strategies to help you become more emotionally intelligent. By becoming the best version of yourself you'll unlock countless opportunities to find success in both your personal and professional lives.

Don't Delay. Download This Book Now.

Tags: emotional intelligence, confidence, communication, interpersonal skills, emotions, success, personal development, self awareness, positive psychology

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Maryanna Kuhns:

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Eleanor Gomez:

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Brian Pena:

Many people spending their time period by playing outside together with friends, fun activity together with family or just watching TV all day long. You can have new activity to shell out your whole day by reading a book. Ugh, do you consider reading a book really can hard because you have to take the book everywhere? It all right you can have the e-book, delivering everywhere you want in your Cell phone. Like Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & ... Awareness, Emotions, Positive Psychology) which is finding the e-book version. So , try out this book? Let's find.

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