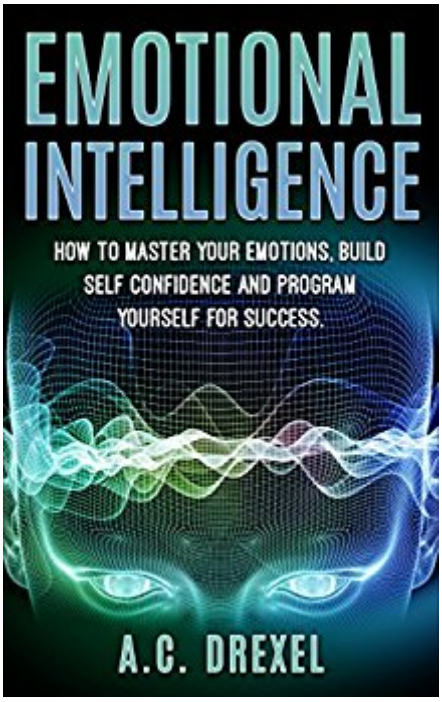
Ebook Directory
the best source of ebook

The book was found

Emotional Intelligence: How To Master Your Emotions, Build Self-Confidence And Program Yourself For Success (Emotions, IQ, Success, Skills, Tricks,)



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Use This Book Not Only To Understand And Control, But Also To Master Your Emotions!Emotions are how we react and interact with our moods, passions and our immediate environment. It is our internal response to a variety of stimuli that trigger mental responses in the form of strongly driven feelings and mood changes. Emotions differ from our intellect and reasoning faculties in the sense that they are not a product of our knowledge and conditioning but more a direct result of our instincts and gut feelings. Being emotionally intelligent is very important to make our expressions reach out to our audience. A song becomes popular when the listeners can experience the emotions of the singer and the songwriter. A book becomes successful when the author is successfully able to convey his emotions through words in his book. This book deals with the art of mastering our emotions and gaining self-confidence through a strong emotional intellect. Let us find out how we can gain mastery over our emotions and not let it run wild while also unraveling the means to tap into the potential of our emotions in finding the key to a successful and a happy life.Here Is A Preview Of What You'll Find...Importance of understanding our emotionsHow To Become Emotionally IntelligentWhat Makes An Emotionally Strong And Intelligent IndividualBuilding Upon Self-ConfidenceProgram Yourself To Become SuccessfulTake action today and download this book for a limited time discount!

Book Information

File Size: 3969 KB

Print Length: 29 pages

Publication Date: June 13, 2017

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B071GS34RX

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #61,242 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 inÃ Â Books > Arts & Photography > Performing Arts > Dance > Folk #1 inÃ Â Kindle Store >

Kindle eBooks > Arts & Photography > Dance > Folk #18 inÃ Â Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Self-Help

Customer Reviews

This is a quick read, but has a lot of useful information on how to become emotional intelligence. The author starts out by explaining what emotional intelligence is, and what it is not. For one, being emotionally intelligent does not mean avoiding or ignoring your emotions, but it does mean that you know how to handle them well when they arise. This book teaches you how to listen to your body, and recognize how you are feeling. You will learn how to be observant, and consciously aware of what is going on around you, as well as inside of you. You will also read about how to develop a healthy self-confidence and how to make yourself emotionally stronger by developing a clear action plan. And finally, you will learn the importance and how to's of positive thinking and effective meditation for mental clarity. Overall, a good place to start.

If you ever have any interest to know more about emotional intelligence, then donÃƒÂ¢Ã â ¬Ã â„¢t feel hesitate to grab & read this entirely. It is my honest suggestion & opinion as well. I found this stuff really so worthy because throughout this read I have come to know about how to master my emotion & re-build self-confidence. Here the author Drexel has described all the things so clearly and step by step with easy to understand language. It helped me to understand about how to become emotionally intelligent. Here I got so other things as well related with this topic. So definitely it was a worth purchase so far!

Emotional intelligence played an increasingly important role at the highest levels of the company. This was easy to read book about how to be good leader (and what type), how to handle most common situations as a leader and act to people in general. The value of this book is that it provides a well-structured overview of which emotional competencies are important in a corporate setting and why. It gives insights into what Emotional Intelligence is, into how and why EQ can matter more than IQ to understand what it means and how to bring intelligence to emotion.

This book will first and foremost give you a good understanding of what emotional intelligence is and how to harness the power of it. Being able to control your emotions really is important in order to stay clam and get the job done. I know I've played worse in sports when I get frustrated and play with anger. This book will help you become more aware of your emotions and how to turn a bad

situation around. Most people are never truly aware and their emotions control them. If that sounds like you, then this book will be able to help you out!

I found this book very useful and insightful. This is one book everyone can gain a little something by reading and practicing these principles in daily life. Easy to read, It goes to the point. It will change the way you interact not only with people at work but also family and friends. This is very helpful. Overall, I would highly recommend this book. Thank you A.C Drexel.

In this book the reader learn strategies to tap into the unlimited potential of his or her emotions which will assist them in building a successful and a happy life. This is a short but interesting and enjoyable read. Its a very useful book to give you a basic understanding about what emotional intelligence is and how to become able to control it to your advantage.

itÃƒÂ¢Ã â ¬Ã â„¢s about keeping the focus of coaching conversations where they belong: on the person's performance at work and the limiting impact certain behaviors may have on his ability to get work done with and through other people. To be effective in coaching for emotional intelligence requires that you exhibit and master the following behaviors from this book.

What a great book about emotional intelligence.Many people forget that emotional intelligence is just as important as intellectual intelligence.The author gives us tips on controlling our emotions and the importance of thinking before we act.The book is informative and easy to read. It's very well written.Highly recommended!

Download to continue reading...

Emotional Intelligence: How to Master your Emotions, Build Self-Confidence and Program Yourself for Success (Emotions, IQ, Success, Skills, Tricks,) Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! (EQ Mastery) Emotional Intelligence: How to Increase EQ,

Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions, how to read ... problem solving, communication Book 3) Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Emotional Intelligence: A Mastery Guide to Controlling Your Emotions, Improving Your Self-Confidence, and Raising Your Self-Awareness Confidence: Gaining the Confidence You Need to Succeed in Life.: Easy Tips & Tricks on How to become more Self Confident and Gain Creative Confidence (Confidence: ... Person You've Always Wanted to be. Book 1) Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Charisma: Discover How to be More Charismatic, Enhance Your Social Skills and Create a Magnetic Aura: Confidence Hacks (Charisma, Confidence, Self Confidence, ... Influence, Persuasion, Mind Hacks, Book 7) Emotional Intelligence: The Top Secret to Using Emotional Intelligence to Get the Most Out of Your Life Emotional Intelligence: Why it can matter more than IQ (Leading with Emotional Intelligence) Emotional Intelligence: Ultimate Practical Guide: How to Become A Lively And Likeable Leader By Improving Your EQ (Positive Psychology, Interpersonal Skills, Emotions) Emotional Intelligence: How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Emotional Intelligence: A Practical Guide to Making Friends with Your Emotions and Raising Your EQ (Positive Psychology Coaching Series Book 8)

Contact Us

DMCA

Privacy

FAQ & Help