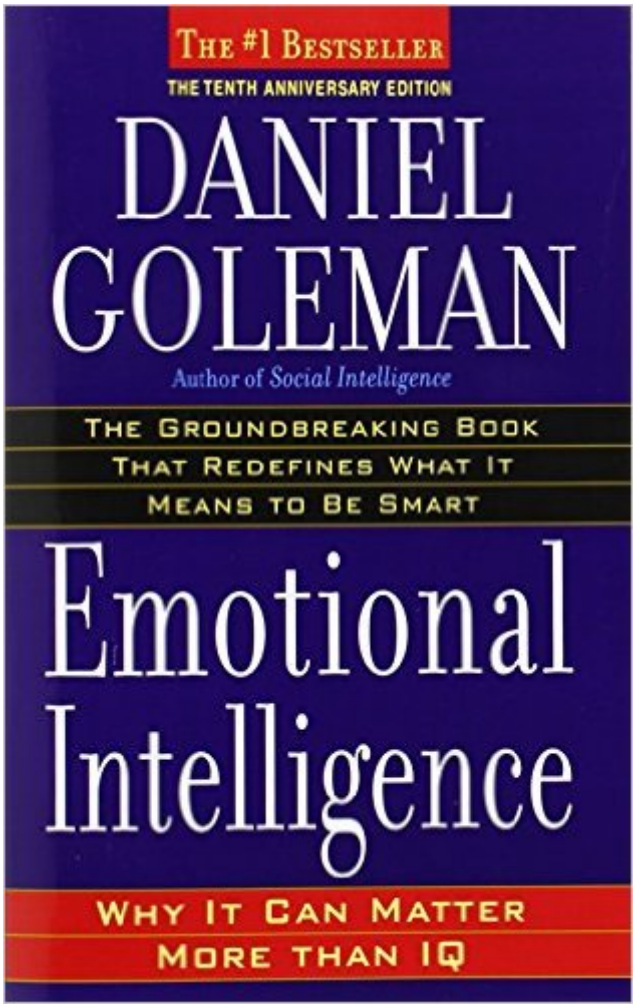
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Emotional Intelligence: Why It Can Matter More Than IQ



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Synopsis

Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until Emotional Intelligence, we could only guess why. Daniel Goleman’s brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our "two minds"Ã¢â ¬â •the rational and the emotionalÃ¢â ¬â •and how they together shape our destiny.Through vivid examples, Goleman delineates the five crucial skills of emotional intelligence, and shows how they determine our success in relationships, work, and even our physical well-being. What emerges is an entirely new way to talk about being smart. The best news is that "emotional literacy" is not fixed early in life. Every parent, every teacher, every business leader, and everyone interested in a more civil society, has a stake in this compelling vision of human possibility.

Book Information

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Customer Reviews

There was a time when IQ was considered the leading determinant of success. In this fascinating book, based on brain and behavioral research, Daniel Goleman argues that our IQ-idolizing view of intelligence is far too narrow. Instead, Goleman makes the case for "emotional intelligence" being the strongest indicator of human success. He defines emotional intelligence in terms of self-awareness, altruism, personal motivation, empathy, and the ability to love and be loved by friends, partners, and family members. People who possess high emotional intelligence are the people who truly succeed in work as well as play, building flourishing careers and lasting, meaningful relationships. Because emotional intelligence isn’t fixed at birth, Goleman outlines how adults as well as parents of young children can sow the seeds. --This text refers to the Hardcover

edition.

New York Times science writer Goleman argues that our emotions play a much greater role in thought, decision making and individual success than is commonly acknowledged. He defines "emotional intelligence"?a trait not measured by IQ tests?as a set of skills, including control of one's impulses, self-motivation, empathy and social competence in interpersonal relationships. Although his highly accessible survey of research into cognitive and emotional development may not convince readers that this grab bag of faculties comprise a clearly recognizable, well-defined aptitude, his report is nevertheless an intriguing and practical guide to emotional mastery. In marriage, emotional intelligence means listening well and being able to calm down. In the workplace, it manifests when bosses give subordinates constructive feedback regarding their performance. Goleman also looks at pilot programs in schools from New York City to Oakland, Calif., where kids are taught conflict resolution, impulse control and social skills. Copyright 1995 Reed Business Information, Inc. --This text refers to the Hardcover edition.

Very good information, but at times hard to follow and a bit dull. Needed to 're-listen' to certain parts in order to absorb all of the information.

I've heard about this book for some time and finally purchased it after watching an interview with Daniel Coleman on Oprah's Super Soul Sunday.Good information.

When I bought this book one of my friends asked me, "What is Emotional Intelligence?" and I replied Nobody could explain it better thanDaniel Coleman. My friend started to flip through the pages. She did not give it back until she finished reading it. When she gave it back to me she said, "That was an eye opener, Thanks"

This is the book you want to help you understand yourself and the people around you. It is exceptional psychological principles put in plain english. I enjoyed the information and this book helped me understand myself more than before. EI is applicable and makes absolute sense. How people develope and how that applies to who they are or what they can be is interesting. I appreciate this book and tell you now that it gave me a great appreciation for how I was raised and what my parents taught me. You need to read this book it will become the deciding factor for how people handle things in their lives and how we can understand other so much better thatn we do

today. This is a must read book.

First off, this book was purchased for my wife, she wanted to read it as she has heard good things about the book. I ended up rading it and found that I could not put it down. There are some very informative things listed in here that gave me the desire to try and understand the entire person before jumping to a conclusion based off one incident. I enjoyed it.

Purchased, Emotional Intelligence: Why it can matter more than IQ (Leading with...,to gain a better awareness and to be able to control of my emotions when interfacing with others. I wanted to be able to learn to use my emotions in a positive way instead of letting my emotions use me. In the position that I am in this technique is very important. I purchased the audio to use on my commute to and from work. Good book, recommend to others who want personal growth.

Being a huge geek, I quickly found myself lost in the first chapters of this magna opera: Goleman does an amazing job at walking the reader through the scientific basis for his analysis, and his yeoman explanation of how the various parts of our brain interact is fascinating. There are so many ways you can read and absorb this book: you have physical, psychological, pedagogical as well as self-help sides. Personally, I enjoyed a little bit of everything. Only half negative comment: it becomes a little repetitive towards the end, and you'll predict what the next page will tell you before you get there...then again, it was never intended to be a mistery novel was it?

An excellent perspective into a needed understanding of one of the most illusive aspects of the human life, our emotional dynamic. There will be cynical critics, but truthfully knowing thyself is powerful when trying to understand other.

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