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Emotional Intelligence: 8 Surprisingly Effective Ways To Increase Emotional Intelligence. What is Emotional Intelligence and How to Improve EQ

Elizabeth Swan

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Emotional Intelligence

8 Surprisingly Effective Ways To Increase Emotional Intelligence. What is Emotional Intelligence and How to Improve EQ

This is a concise and informative guide on EQ. The book begins by defining EQ in layman's terms then goes ahead to explain how EQ profoundly affect's an individual’s success in life. The book discusses the different aspects of EQ and gives you 8 practical ways on how you can improve those aspects so as to progressively improve your overall EQ and outlook in life.

The book covers:
• Learn to Respond, Not React
• Keep an Emotions Journal
• Meditate Regularly
• Practice Empathy
• Learn to Read Other People’s Emotions
• Take Responsibility for Your Emotions and Behavior
• Create A Positive Atmosphere
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