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Emotional Intelligence: Increase EQ and Improve Interpersonal Skills for Better Communication, Develop Leadership Skills (Communication, Emotions, Positive Psychology, Better Relationships, Empathy)

Peter Slander

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Emotional Intelligence - Master your Emotions : The Practical Guide
How to Increase EQ and Improving Interpersonal Skills for Better Communication, Developing Leadership Skills

In this book, you will learn about emotional intelligence and its tremendous benefits to your life. You will then learn how to understand your own emotions and use it to boost your confidence. After that, you will learn how to master your emotions and use positive psychology to relieve stress and achieve happiness. Lastly, you will learn how you can apply your emotional mastery in your interpersonal relationships.
In life, it is not enough to know the facts. You also have to know the feelings. Emotional intelligence is what you need to get the life that you have always wanted for yourself

Here Is A Preview Of What You'll Learn...

- What you Need to Understand yourself and Other People Better
- Understanding Yourself: How to Gain Absolute Control over your Emotions and Boost your Self-Confidence
- Relieving Stress, Improving Empathy, and Achieving Happiness through Positive Psychology
- Great Relationships: Understanding People through Proper Communication and Self-Control
- much more!

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Yvette Barstow:

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