



Emotional Intelligence : Develop Your Emotional Intelligence and Improve Your Interpersonal Skills (Emotions and Self Management Handbook)

Mike C. Adams

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Do you struggle with your own emotional intellect? Did you know you could do something about that? In *Ways to Improve Your Emotional Intelligence*, you will be lead through 50 tips on how to do just that. You will discover how emotional maturity is directly linked to your thoughts, actions, and even to your physical stance. You simply cannot turn your emotions on and off. They are like an active volcano they must erupt. If left unfettered they can erupt by blowing off the top and spewing toxins in the air or they can erupt in soft gentle ways like a slow stream of lava pouring from the top and being contained in a neat little ravine.

Learning how to recognize your emotions and then controlling them will help you to grow in your emotional intellect. When we realize that emotions are not something you can master in a matter of minutes, or months or even years we can then work toward improvement of them. It is something you will work on for the rest of your life. Are you easily swayed? Do your emotions give you away? Do they erupt like water going over a waterfall or are they kind and gentle and easily contained and controlled? Emotional maturity will be the latter and that is what this book strives to present to you, the path to emotional maturity and improvement in emotional intellect.

Enjoy the journey to improvement on your emotional intelligence. Each tip is easy to understand and easy to do. You can even glean good advice from the introduction and the conclusion of this wonderful little book. Self-improvement is a great tool for helping you to be a better person and as a result, you can in turn help others to be better people too.

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