



EMOTIONAL INTELLIGENCE: Control your Emotions--Your Guide to Boost your Communication and Interpersonal Skills for Lifelong Success (Emotional Intelligence 2.0, Working With Emotional Intelligence)

Sarah Palmer

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When you read this book, you'll discover how to rapidly increase your emotional intelligence. You will know how to use your emotional intelligence and apply it for success for the rest of your life!

Millions of people struggle through relationships, suffer from depression and throw away their lives and their future because of their own destructive attitudes. Most people realize how much of a problem this is, but are unable to change their ways, simply because it's been a part of their lifestyle for so long.

The truth is, if you have struggled with solving problems at work, life, or in relationships, and haven't been able to change, it's because you are lacking an effective strategy and haven't yet changed your associations to your emotional intelligence. This book goes into a step-by-step strategy that will help you improve your emotional intelligence, and help you to be able to take control of your life.

5 Reasons to Buy this Book:

1. Improve leadership potential
2. Build confidence
3. Develop better professional relationships
4. Be more effective in assigned tasks
5. Improve your mental capacity

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- How to Harness your Emotions
- Manage the Emotions of Others
- Boost your Critical Thinking
- Build Exceptional Relationships with Emotional Intelligence
- How to Measure your Emotional Intelligence
- Much, much more!

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