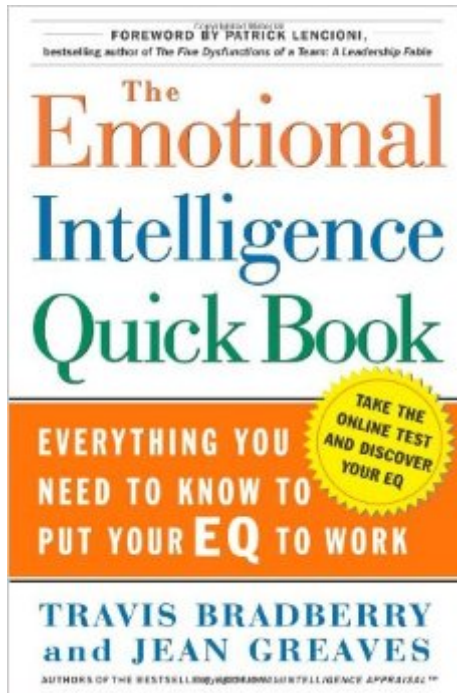


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# The Emotional Intelligence Quick Book



## Synopsis

An accessible, how-to guide that brings focus to the unique skills that comprise emotional intelligence and incorporate these tools into your life. **EMOTIONAL INTELLIGENCE: THE #1 PREDICTOR OF PROFESSIONAL SUCCESS AND PERSONAL EXCELLENCE** In today's fast-paced world of competitive workplaces and chaotic personal lives, each of us is searching for effective tools that can make our schedules, behaviors, and relationships more manageable. The Emotional Intelligence Quickbook shows us how understanding and utilizing emotional intelligence can be the key to exceeding our goals and achieving our fullest potential. Authors Bradberry and Greaves use their years of experience as emotional intelligence researchers, consultants, and speakers to revitalize our current understanding of emotional intelligence. They have combined their latest research on emotional intelligence with a quick, easy-to-use format and cut-to-the-chase information to demonstrate how this other kind of "smart" helps us to decrease our stress, increase our productivity, understand our emotions as they happen, and interact positively with those around us. The Emotional Intelligence Quickbook brings this concept to light in a way that has not been done before -- making EQ practical and easy to apply in every aspect of our daily lives. The Quickbook will help you to:

- Engage the four unique areas of EQ: self-awareness, self-management, social awareness, and relationship management
- Increase your EQ through the use of these skill-building techniques
- Apply your EQ at work to develop leadership skills and improve teamwork, making you a better manager and a more desirable employee
- Practice your EQ outside the office environment to benefit your relationships with loved ones, making you a better partner and parent
- Access the link between your EQ and your physical well-being to improve your overall health
- Measure your current EQ through access to the authors' bestselling online Emotional Intelligence Appraisal

## Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (84 customer reviews)

Best Sellers Rank: #129,643 in Books (See Top 100 in Books) #65 in Books > Health, Fitness & Dieting > Psychology & Counseling > Occupational & Organizational #411 in Books > Health, Fitness & Dieting > Mental Health > Emotions #467 in Books > Self-Help > Stress Management

## Customer Reviews

When you buy the Kindle edition of this book, you do not receive a code to take the emotional intelligence appraisal. On hardcover editions, this code is on the reverse side of the dust jacket. While the book does say that it is not absolutely necessary to take the appraisal, I would like to have the option of taking it or not. I contacted customer service about this issue and the reply was they try to ensure that the kindle edition is as close as possible to the original, but sometimes there are differences.

This is the most thought-provoking book I've read in a long time. Without being simplistic, it introduced me to so many interesting things I could use to my benefit. Being intellectually smart is surely a strong advantage in our society, but it doesn't say nearly as much as your control and awareness over your own emotions. Have you ever wondered why you have emotions, how your brain works to process them, and how you can use them to your own advantage? I've never read a book that so clearly explains how it all works and what to do with it.

This book is great. In a concise, well-written manner, the authors provide insight into human interaction and emotional self-development. This guide will help you understand the thoughts and actions of you and those around you; as well as help you to become a better, happier (and potentially more wealthy) person. As President of a software development firm, this book really enlightened me in regards to how I interact with my employees and how everyone in my firm interacts with our customers. I would recommend this book to anyone looking for self-development, or as an employee resource for any industry.

I use this book and the online EQ appraisal as a coaching tool in my consulting work with managers and professionals. It's easy to read and gives us a common language for discussing key points about emotional intelligence. I especially like the self-assessment of personal and social competence as a non-threatening way to help people identify destructive relationship behaviors and create strategies to improve their ability to relate to others. A simple, practical and useful approach to the topic of emotional intelligence.

If you don't know the difference between your I.Q. and your E.Q. and how much it matters in the workplace, then read this book--especially if you're a supervisor, manager, director or CEO. There's even an on-line test to see how you rate. Run--don't walk--and get this book. Better yet: order it right now on :- ) (Your employees will thank you!)

I first read about this book in a Newsweek article and it's intriguing. Quite frankly, I normally am bored by these kind of books but I couldn't put this one down. The authors tested more than 500,000 people and they turn the findings into practical strategies anyone can pick up and use. I highly recommend this book for anyone who wants to be the best they can be.

When you take the time to read a book you should be either entertained to be learn something . This book positions itself as an educational book but is merely a tool to promote the authors' website and side business. For example, they encourage you to go to their website and take their quiz which they insist is not a "cosmo quiz". Before you take their quiz, be sure to find and write down the code in the jacket of the book. Great gimmicks. I did not feel that their goal was to teach their readers about emotional intelligence but more likely to get us to look into their business. The simplistic diagrams of the brain in the book attempt to get readers to think that this is a scientific book with ample research behind it. The authors state that "emotional intelligence" is searched more on the web than "John Travolta". Who cares? If you write a short a book then you better make it dense with stuff that readers can use. This is a total waste of time. I have not read any other books on emotional intelligence but I certainly would not recommend this one.

I gave this book to my wife. We both thought it was basically a promotion for Emotional Intelligence. It says that it can be done but nothing on HOW to do it or concrete things. Read the original or other books by Goleman for the real thing.

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