



Emotional Intelligence Box Set: Discover the Emotions That Affect Your Decisions and Actions in Your Work Life and Relationships and Build Capacity for ... emotional IQ, emotional health)

Josie Lambert, Wendy Larson

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BOOK #1: Emotional Intelligence: Build Capacity for High-EQ Responses With 64 Proven Exercises and Learning Tools That You Can Practice

This e-book is the answer to the quest for better self-knowledge and understanding of human nature. This is a noble pursuit. You will find it succinct but packed with information and insight. It is meant to help those who feel a bit adrift about feelings and think that this is harming their personal progress socially and/or at work. It opens up a subject that is often neglected in favor of reason and thought.

While these are vital in achieving success, they are not the entire story. Thus, the book expands on the idea of IQ or the intelligence quotient to add another important dimension to the personality. Man is a balanced animal containing a large capacity for feeling and self-expression. While we may try to control or suppress it, it is unhealthy sometimes to do so. We are the heirs of Freudian principles and have learned the value of letting things out into the world. It is an important way to let people know who we are and where we stand. In these pages, the reader will learn the meaning of emotional intelligence, where the concept comes from, and how to get more of it to live better in the world. With practice, the exercises within will become innate and the process will be more automatic.

The topics covered include:

- Definitions of emotional quotient and emotional intelligence
- Original authors of the article and the subsequent book
- The four part model of Salevy and Mayers: perception, reasoning, understanding, and management
- Controlling emotion versus expressing it
- 64 tips and exercises to improve emotional intelligence starting now
- Sample case studies at work
- Sample case studies socially

BOOK #2: Emotional Intelligence: Sensitive? Sincere? Serious? Discover the Emotions That Affect Your Decisions and Actions in Your Work Life and Relationships

Emotions are wonderful things and the subject of this book. They are mysterious and intangible yet we feel them deeply. They help us relate to people in the world, and to places and things. They color our every action and deed and are a major component of human life. In effect, whatever their origin, they define our essence. In this book, emotional intelligence, or the ability to feel, is explored, particularly in relation to one's work and home life. Improving on it is our goal. Just Being a certain type impacts success and happiness and it is valuable to know where you stand. You will be able to assess to some degree how your emotional intelligence forms your character and ability to make better decisions.

In these pages, you will find:

- A definition of emotional intelligence
- Why emotional intelligence is valuable
- How emotions arise and why
- The physiology of the brain
- The evolutionary purpose of emotions
- Basic human personality types
- Terms associated with emotional profiles
- Emotional expression at work and in social circumstances
- Exercises to hone emotional intelligence

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Lisa Knight:

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Ruth Frye:

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