



Emotional Intelligence: Managing Emotions to Make a Positive Impact on Your Life and Career

By Gill Hasson

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Emotional Intelligence: Managing Emotions to Make a Positive Impact on Your Life and Career, Gill Hasson, From the author of the bestselling Mindfulness: Be Mindful. Live in the Moment. Emotional Intelligence is fast becoming the skill to master that will unlock your true potential. You've probably noticed that it's not the smartest people that are the most successful or the most fulfilled in life; being clever, talented or skilled is not enough. It's your ability to manage your feelings, other people and your interactions with them that makes the difference. We're all born with this ability - emotional intelligence is a skill and we all have the capacity to develop this skill. This book will show you how. It will change the way you think about emotions. Instead of thinking of emotions as being positive or negative, you will learn that all emotions have a positive intent all emotions have our best interests in mind. Improve your emotional intelligence and you improve your ability to understand and manage emotions. You can think clearly and creatively, manage stress and challenges, communicate well with others and display...



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Reviews

An incredibly wonderful book with perfect and lucid explanations. It normally is not going to price a lot of. I am just very happy to tell you that this is the greatest pdf we have go through within my personal lifestyle and could be the finest book for at any time.

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