



# **Emotional Intelligence: 25 Ultimate Tips for Gaining Control Over Your Emotions and Becoming a Boss of Your Thoughts and Behaviour (Emotional ... Books, Emotional Intelligence 2.0)**

*Joseph Sanchez*

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## Emotional Intelligence (FREE Bonus Included)

### 21 Ultimate Tips for Gaining Control Over Your Emotions and Becoming a Boss of Your Thoughts and Behaviour

Emotional intelligence is a quality that all people have, and something all people can improve. While the standard IQ of a person determines how easily he is able to learn cognitively, a person's EI determines how well he can function and problem solve in a variety of situations. This book will explain what Emotional Intelligence is, and then offer suggestions for improving your own EI to the point where you will have increased control over your own thoughts, emotions, and behavior.

#### Included in the book are:

- A brief history of the definition and research of emotional intelligence, and the impact of the findings on the fields of education and employment
- A breakdown of the different traits and abilities that form emotional intelligence
- The benefits of improving emotional intelligence, in relationships, at work, and in the community
- A list of 25 tips for improving your emotional intelligence
- Links to online tests that measure emotional intelligence
- A list of resources that can provide further information and guidance on the topic of emotional intelligence

## Getting Your FREE Bonus

Read this book to the end and see "**BONUS: Your FREE Gift**" chapter after the introduction and conclusion.

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