



Emotional Intelligence and Agility: Learn How to Be Smart about Your Feelings (Paperback)

By Moe Alodah

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Learn How to Be Smart about Your Feelings Having a high score in your IQ is something you can be proud of, however, without a good level of Emotional balance then you are only half-way in your life-satisfaction journey. As you will learn in this short-read book that Emotional balance can be accomplished through emotional intelligence and Emotional Agility. Improving your emotions can help you to become a better communicator whether at the workplace, home or with your friends. Learning and obtaining Emotional Intelligence and Agility will significantly reduce your anxiety and stress throughout different situations. You will be better in minimizing and defusing negative engagements and conflicts thus improving your handling process with challenges in life. In Emotional Intelligence and Agility guide you will learn practical steps that can transform your daily life from how to deal with stressors to small challenges that you will prevail and enhance your lifestyle greatly. Here are some of the topics you will read and learn about and put it into practice: -Why EQ is as important as IQ if not...



READ ONLINE
[8.48 MB]

Reviews

Absolutely essential read book. It is probably the most incredible pdf i have got read through. You will like the way the writer publish this pdf.
-- Griffin Hirthe

This composed pdf is fantastic. It normally will not expense too much. You will like how the writer write this publication.
-- Dr. Jerald Hansen