



Emotional Intelligence: A Beginners Guide To Using Emotions (EQ) To Your Advantage And Bring More Success And Happiness To Your Life

Ryan Nolte

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Argue? Empathize? Punch Them In The Face? Or...

The decisions you make and the things you do are all connected to your feelings and emotions.

This book will help you master your emotions, so you can become happier and more successful in every facet of your life.

How you handle your emotions, as well as how you react to the emotions of others, has a significant effect on the direction of your life. Increasing your emotional intelligence will not only give you the ability to manage your emotions, it will give you the power to use them in productive ways.

Having someone yelling in your face is no fun, emotions can run high and be hard to tame. This is where emotional intelligence comes in. As you start to master and understand your feelings and emotions, you will find that it gets easier to be able to stop and think before you act or react.

Having a high level of emotional intelligence will help you calmly defuse tense situations and formulate a plan to create a positive outcome for everyone involved.

...should you yell back?

...should you empathize with them because of their frustrations?

...should you punch them in the face out of anger?

...or should you rely on emotional intelligence for the answer?

(Disclaimer: I am sure this is obvious, but punching someone in the face should NOT be part of your emotional intelligence tool kit. Any kind of violent behavior is NOT recommended and may result in serious repercussions)

It is important to always keep in mind, emotional intelligence can make the difference between strengthening or destroying any relationship, whether at work or at home.

This book aims to help you develop this new skill set that will enable you to build your emotional intelligence and use your emotions to create positive experiences in your life. The goal is to enhance the way you think, bring success in your workplace, improve your relationships with others and deliver happiness.

Inside you will learn about:

- What emotional intelligence is all about
- Why you should master your emotions
- Ways to start mastering your emotions

- How to increase your emotional intelligence
- How to apply the key skills that build emotional intelligence
- And much more...

Grant yourself the permission to take back the power and control over your life by elevating your emotional intelligence levels.

Take action NOW by investing in this helpful book. You will be taking a step to start making an exceptional difference in your life, and in the lives of those around you.

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