



Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success!

Kevin Moore

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Want to Build Self-Confidence?

Looking to Learn How to Control Your Emotions?

Want to Find Long-Lasting Success?

If you answered yes to any of the above questions, then you'll want to learn about the important role emotional intelligence plays in your everyday life.

What is emotional intelligence? Well, emotional intelligence is defined as "our capacity to control, be aware of, and express our emotions while handling our interpersonal relationships, both empathetically and judiciously. Emotional intelligence also allows us to recognize other people's emotions and how to use that information to guide both our behavior and our thinking".

This book will teach you what you'll need to do to become more emotionally intelligent and therefore improve your interpersonal connections both at work and at home. It will increase your sense of self-awareness and allow you to be in control of your emotional state, letting you making smarter, more informed choices instead of being clouded and negatively affected by your feelings.

In this book you will learn:

- An introduction to emotional intelligence
- Self-perception and emotional intelligence
- Developing emotional intelligence in the workplace
- Improving interpersonal skills and social interactions
- 100+ skills, tips, and tricks to improve your emotional intelligence
- A guide to emotional intelligence apps, tests, books, and resources
- And much more!

After you've finished with this book, my hope is that you'll have learned some useful tips and strategies to help you become more emotionally intelligent. By becoming the best version of yourself, you'll unlock countless opportunities to find success in both your personal and your professional lives.

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Luke Shaffer:

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