



Emotional Intelligence: A Practical Guide How to Achieve Success and Happiness by Mastering Your Emotions and Raising Your Emotional Intelligence

Joshua Elans

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Emotional intelligence is the single biggest indicator of career success and personal happiness. Often paraphrased as a strength of character or maturity, emotional intelligence underlies everything we do. From managing stress in the workplace, to picking up on social cues in our relationships, to setting goals and keeping positive, emotional intelligence is the key piece of the well-being puzzle.

This guide will give you down-to-earth practical advice on how to cultivate your own emotional intelligence. The basics of emotional intelligence will be explained in terms of self-awareness, self-management, social awareness and relationship skills.

More importantly, this book will offer tried-and-tested methods and advice on how to cultivate and develop these skills. This will take on a journey through the importance of empathy, to S.M.A.R.T goals and mindfulness meditation and much more.

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