



Emotional Intelligence For Dummies

By Steven J. Stein

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Emotional Intelligence For Dummies By Steven J. Stein

Being aware of and in control of your emotions is one of the keys to success in life -- both professionally and personally. *Emotional Intelligence For Dummies* will show you how to take control of your emotions rather than letting your emotions control you! Discover how developing your emotional intelligence can further your relationships with others, in the workplace and at home. Emotional awareness is also a critical skill for career success, and Dr. Stein provides practical exercises for developing this skill and achieving your professional and personal goals. He also provides valuable insights into how emotional intelligence can be applied to raising children and teenagers and realizing personal happiness. Full of lively anecdotes and practical advice, *Emotional Intelligence For Dummies* is the ideal book for anyone who wants to get smart about their feelings and reach the next level at work and at home.

- Manage your emotions - identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors
- Discover the power of empathy - read other people's emotions through facial cues and body language and show them you understand their feelings
- Thrive at work - find a job that's right for you, overcome hassles and fears, and develop your leadership skills
- Build and sustain meaningful relationships - discover how to take your partner's emotional temperature and manage emotions to grow closer
- Raise an emotionally intelligent child - keep your cool with your child, coax shy children out of their shells, and get your child to be less aggressive and defiant

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Editorial Review

From the Back Cover

Learn to:

- Become more aware of your emotions
- Change your emotions for the better
- Develop techniques for dealing with difficult people
- Use empathy to improve your relationships at home and work

Take control of your emotions to achieve success in the workplace and happiness at home

Being aware of and able to control your emotions is one of the keys to success in life, both professionally and personally. This friendly guide will help you to understand your feelings and how you can manage them, instead of having them control you. Through practical, proven techniques and helpful exercises, you'll discover how you can increase your confidence, build stronger relationships with your partner, family, and colleagues, and find authentic happiness.

- **Manage your emotions** — identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors
- **Discover the power of empathy** — read other people's emotions through facial cues and body language and show them you understand their feelings
- **Thrive at work** — find a job that's right for you, overcome hassles and fears, and develop your leadership skills
- **Build and sustain meaningful relationships** — discover how to take your partner's emotional temperature and manage emotions to grow closer
- **Raise an emotionally intelligent child** — keep your cool with your child, coax shy children out of their shells, and get your child to be less aggressive and defiant

"I suspect *Emotional Intelligence For Dummies* will motivate you to adopt a broader view of what it means to be smart, and you will find yourself further developing the emotional skills that allow you to lead a more satisfying life." *Peter Salovey, PhD, Professor of Psychology, Yale University*

Open the book and find:

- The science behind emotional intelligence
- Exercises to help you turn negative emotions positive
- Ways to diffuse tense situations
- How to improve your performance at work
- Why emotionally intelligent workplaces are more productive
- The four keys to a lasting relationship
- What battles are worth fighting — and when to keep quiet
- How to help your child become emotionally aware

About the Author

Steven J. Stein, PhD, is a clinical psychologist and CEO of Multi-Health Systems (MHS), a leading international test publishing company. A leading expert on psychological assessment and emotional intelligence, he has consulted to military and government agencies, including the U.S. Air Force, Army, and Navy; special units of the Pentagon; and the FBI Academy; as well as corporate organizations, including American Express, Canyon Ranch, and professional sports teams.

Users Review

From reader reviews:

Alma Hillyer:

This book untitled Emotional Intelligence For Dummies to be one of several books that will best seller in this year, honestly, that is because when you read this guide you can get a lot of benefit in it. You will easily to buy this kind of book in the book retailer or you can order it by means of online. The publisher of the book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Smart phone. So there is no reason to your account to past this reserve from your list.

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Delois Dionisio:

People live in this new time of lifestyle always aim to and must have the extra time or they will get lots of stress from both daily life and work. So , whenever we ask do people have time, we will say absolutely yes. People is human not just a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading books. It can be your alternative inside spending your spare time, the particular book you have read is actually Emotional Intelligence For Dummies.

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