



## Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children

By Linda Lantieri, Daniel Goleman Ph.D.

Download now

Read Online ➔

### **Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children** By Linda Lantieri, Daniel Goleman Ph.D.

What's the most important piece of your child's educational experience? If you think it's math, science, or reading, you might be overlooking an essential element: the capacity known as inner resilience. In *Building Emotional Intelligence*, Linda Lantieri presents a breakthrough guide to help children respond to and rebound from the challenges unique to our times.

For educators, counselors, parents, and caregivers, this book offers practical techniques proven to help children increase self-esteem, improve concentration and awareness, and enhance empathy and communication. Step by step, children will learn how to quiet their minds, calm their bodies, and manage their emotions more skillfully. This powerful guide is arranged according to age group and complemented by spoken-word exercises presented by bestselling author Daniel Goleman.

↓ [Download Building Emotional Intelligence: Techniques to Cul ...pdf](#)

📄 [Read Online Building Emotional Intelligence: Techniques to C ...pdf](#)

# Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children

*By Linda Lantieri, Daniel Goleman Ph.D.*

**Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children** By Linda Lantieri, Daniel Goleman Ph.D.

What's the most important piece of your child's educational experience? If you think it's math, science, or reading, you might be overlooking an essential element: the capacity known as inner resilience. In *Building Emotional Intelligence*, Linda Lantieri presents a breakthrough guide to help children respond to and rebound from the challenges unique to our times.

For educators, counselors, parents, and caregivers, this book offers practical techniques proven to help children increase self-esteem, improve concentration and awareness, and enhance empathy and communication. Step by step, children will learn how to quiet their minds, calm their bodies, and manage their emotions more skillfully. This powerful guide is arranged according to age group and complemented by spoken-word exercises presented by bestselling author Daniel Goleman.

**Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children** By Linda Lantieri, Daniel Goleman Ph.D. **Bibliography**

- Sales Rank: #83130 in Books
- Published on: 2014-05-01
- Released on: 2014-05-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.00" w x .75" l, .66 pounds
- Binding: Paperback
- 176 pages

 [Download Building Emotional Intelligence: Techniques to Cul ...pdf](#)

 [Read Online Building Emotional Intelligence: Techniques to C ...pdf](#)

## Download and Read Free Online Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children By Linda Lantieri, Daniel Goleman Ph.D.

---

### Editorial Review

#### Review

"*Building Emotional Intelligence* will be a welcome resource for parents and teachers seeking to teach children to slow down and listen to their inner voices."

—**Marian Wright Edelman**, President, Children's Defense Fund

"We all know kids struggle with stress. Now, *Building Emotional Intelligence* tells us how to help. Lantieri's simple but powerful exercises will help you inoculate your child with crucial coping skills to face a range of life challenges."

—**Rachel Simmons**, author of *Odd Girl Out: The Hidden Culture of Aggression in Girls*

"This book is critically needed at this important time in education in the United States. Schools have been consumed with improving children's math and literacy skills, but too often have neglected the important impact of strong social and emotional learning skills."

—**Carol Comeau**, Superintendent, Anchorage School District & Chair, Executive Committee, the Council of Great City Schools

"What a gift Linda Lantieri and Daniel Goleman give to children with *Building Emotional Intelligence*! The wonderful and appealing exercises and activities promise to cultivate in children a deep reserve of calm and inner resilience that will sustain them now and for the rest of their lives."

—**Nancy Carlsson-Paige**, author of *Taking Back Childhood*

"A comprehensive guide with practical exercises for parents and their children to calm the body and focus the mind. Using principles derived from modern brain research, Linda Lantieri has created a novel curriculum that promises to be enormously helpful in building a foundation for a successful life by cultivating skills in managing disturbing emotions, increasing empathy and cooperation and instilling calmness. This book and accompanying CD will be of interest to all parents who wish their children to be happy and successful."

—**Richard J. Davidson**, Director, Waisman Laboratory for Brain Imaging and Behavior, University of Wisconsin-Madison --*This text refers to an out of print or unavailable edition of this title.*

"This is the best book I know to help children learn inner-life practices that can strengthen and sustain them. A moving mix of compassion, skillful means, and wisdom."

—**Parker J. Palmer**, author of *The Courage to Teach*

"Linda Lantieri and Dan Goleman form a dream team to help children discover and refine their deep inner capacities for well-being, calmness, relaxation, and emotional intelligence."

—**Jon Kabat-Zinn, PhD**, founding director of the UMass Medical School Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society

"This book is an essential and important guide for anyone interested in truly supporting our children toward success in school, in their full healthy human-development, and in life."

—**Jennifer Buffet**, president and co-chair of the NoVo Foundation

From the Publisher

"*Building Emotional Intelligence* will be a welcome resource for parents and teachers seeking to teach children to slow down and listen to their inner voices."--Marian Wright Edelman, President, Children's Defense Fund

"We all know kids struggle with stress. Now, *Building Emotional Intelligence* tells us how to help. Lantieri's simple but powerful exercises will help you inoculate your child with crucial coping skills to face a range of life challenges."--Rachel Simmons, author of *Odd Girl Out: The Hidden Culture of Aggression in Girls*

"This is the best book I know to help children learn inner-life practices that can strengthen and sustain them. A moving mix of compassion, skillful means, and wisdom that can support young people growing up in a perilous but still promising world."--Parker J. Palmer, author of *The Courage to Teach*

"In this collaboration, Linda Lantieri and Dan Goleman form a dream team to help children discover and refine their deep inner capacities for well-being, calmness, relaxation, and emotional intelligence. Their program is a marvelous way for parents and their children to adventure together to build inner strengths and resiliency in dealing with the many stresses that children face in their daily lives." --Jon Kabat-Zinn, Ph.D, Founding Director of the Stress Reduction Clinic and the Center for Mindfulness in Medicine, Health Care, and Society

"This book is critically needed at this important time in education in the United States. Schools have been consumed with improving children's math and literacy skills, but too often have neglected the important impact of strong social and emotional learning skills."--Carol Comeau, Superintendent, Anchorage School District & Chair, Executive Committee, the Council of Great City Schools

"What a gift Linda Lantieri and Daniel Goleman give to children with *Building Emotional Intelligence*! The wonderful and appealing exercises and activities promise to cultivate in children a deep reserve of calm and inner resilience that will sustain them now and for the rest of their lives."--Nancy Carlsson-Paige, author of *Taking Back Childhood*

"A comprehensive guide with practical exercises for parents and their children to calm the body and focus the mind. Using principles derived from modern brain research, Linda Lantieri has created a novel curriculum that promises to be enormously helpful in building a foundation for a successful life by cultivating skills in managing disturbing emotions, increasing empathy and cooperation and instilling calmness. This book and accompanying CD will be of interest to all parents who wish their children to be happy and successful."--Richard J. Davidson, Director, Waisman Laboratory for Brain Imaging and Behavior, University of Wisconsin-Madison

About the Author

### **Linda Lantieri**

Linda Lantieri is an internationally known expert in social and emotional learning, conflict resolution, and crisis intervention with 40 years of experience in the field of education. She is the director of The Inner Resilience Program and a founding member of the Collaborative for Academic, Social, and Emotional Learning(CASEL). She is also a co-founder of the Resolving Conflict Creatively Program(RCCP), a social and emotional learning program that has been implemented at 400 schools in 15 school districts in the U.S., with pilot sites in Brazil and Puerto Rico. Lantieri is co-author of *Waging Peace in Our Schools*, editor of *Schools with Spirit: Nurturing the Inner Lives of Children and Teachers*, and contributor to *Forever After: New York City Teachers on 9/11*.

## **Daniel Goleman**

Daniel Goleman, PhD, covered the brain and behavioral sciences at the *New York Times* for 12 years. He is co-founder of the Collaborative for Academic, Social, and Emotional Learnings. His books include *Emotional Intelligence*, *Social Intelligence*, and *Ecological Intelligence*.

## **Users Review**

### **From reader reviews:**

#### **Stanley Kamp:**

The feeling that you get from Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children is the more deep you excavating the information that hide in the words the more you get serious about reading it. It does not mean that this book is hard to recognise but Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children giving you enjoyment feeling of reading. The copy writer conveys their point in certain way that can be understood by anyone who read the idea because the author of this guide is well-known enough. This book also makes your vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We suggest you for having this kind of Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children instantly.

#### **Melissa Jackson:**

On this era which is the greater man or who has ability to do something more are more precious than other. Do you want to become among it? It is just simple way to have that. What you are related is just spending your time not very much but quite enough to have a look at some books. One of many books in the top collection in your reading list is definitely Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children. This book which is qualified as The Hungry Hills can get you closer in getting precious person. By looking way up and review this publication you can get many advantages.

#### **Lynette Petree:**

Do you like reading a reserve? Confuse to looking for your best book? Or your book ended up being rare? Why so many problem for the book? But almost any people feel that they enjoy for reading. Some people likes studying, not only science book but also novel and Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children or even others sources were given know-how for you. After you know how the truly amazing a book, you feel need to read more and more. Science reserve was created for teacher or students especially. Those publications are helping them to bring their knowledge. In various other case, beside science book, any other book likes Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children to make your spare time more colorful. Many types of book like this.

#### **Joan Beverly:**

What is your hobby? Have you heard that will question when you got scholars? We believe that that issue

was given by teacher on their students. Many kinds of hobby, All people has different hobby. Therefore you know that little person similar to reading or as examining become their hobby. You need to know that reading is very important along with book as to be the issue. Book is important thing to incorporate you knowledge, except your personal teacher or lecturer. You get good news or update regarding something by book. A substantial number of sorts of books that can you choose to adopt be your object. One of them are these claims Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children.

**Download and Read Online Building Emotional Intelligence:  
Techniques to Cultivate Inner Strength in Children By Linda  
Lantieri, Daniel Goleman Ph.D. #9Z4LBQI6PF1**

# **Read Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children By Linda Lantieri, Daniel Goleman Ph.D. for online ebook**

Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children By Linda Lantieri, Daniel Goleman Ph.D. Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children By Linda Lantieri, Daniel Goleman Ph.D. books to read online.

## **Online Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children By Linda Lantieri, Daniel Goleman Ph.D. ebook PDF download**

**Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children By Linda Lantieri, Daniel Goleman Ph.D. Doc**

**Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children By Linda Lantieri, Daniel Goleman Ph.D. Mobipocket**

**Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children By Linda Lantieri, Daniel Goleman Ph.D. EPub**

**9Z4LBQI6PF1: Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children By Linda Lantieri, Daniel Goleman Ph.D.**