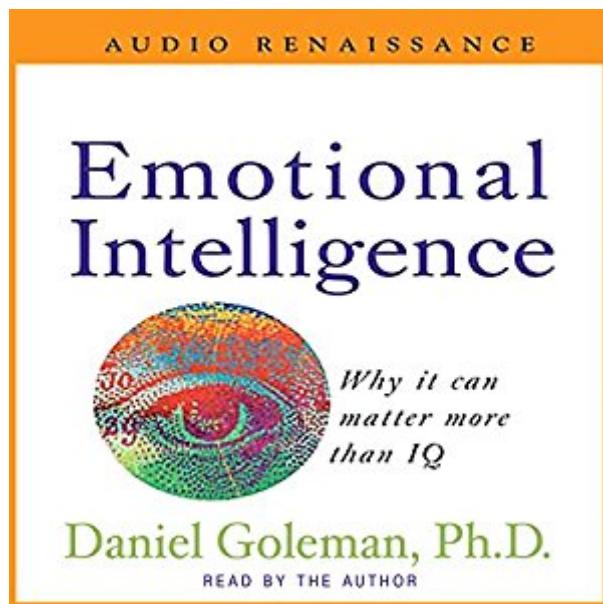


The book was found

# Emotional Intelligence



## **Synopsis**

Is IQ destiny? Not nearly as much as we think. This fascinating and persuasive program argues that our view of human intelligence is far too narrow, ignoring a crucial range of abilities that matter immensely in terms of how we do in life. Drawing on groundbreaking brain and behavioral research, Daniel Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do well. These factors add up to a different way of being smart -- one he terms "emotional intelligence." This includes self-awareness and impulse control, persistence, zeal and self-motivation, empathy and social deftness. These are the qualities that mark people who excel in life, whose relationships flourish, who are stars in the workplace. Lack of emotional intelligence can sabotage the intellect and ruin careers. Perhaps the greatest toll is on children, for whom risks include depression, eating disorders, unwanted pregnancies, aggressiveness and crime. But the news is hopeful. Emotional intelligence is not fixed at birth, and the author shows how its vital qualities can be nurtured and strengthened in all of us. And because the emotional lessons a child learns actually sculpt the brain's circuitry, he provides guidance as to how parents and schools can best use this window of opportunity in childhood. The message of this eye-opening program is one we must take to heart: the true "bell curve" for a democracy must measure emotional intelligence.

--This text refers to the Audio CD edition.

## **Book Information**

Audible Audio Edition

Listening Length: 13 hours and 36 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Macmillan Audio

Audible.com Release Date: March 15, 2002

Whispersync for Voice: Ready

Language: English

ASIN: B0000647PF

Best Sellers Rank: #12 in Books > Self-Help > Emotions #17 in Books > Health, Fitness & Dieting > Mental Health > Emotions #63 in Books > Audible Audiobooks > Health, Mind & Body > Psychology

## **Customer Reviews**

Very good information, but at times hard to follow and a bit dull. Needed to 're-listen' to certain parts

in order to absorb all of the information.

I've heard about this book for some time and finally purchased it after watching an interview with Daniel Coleman on Oprah's Super Soul Sunday. Good information.

When I bought this book one of my friends asked me, "What is Emotional Intelligence?" and I replied Nobody could explain it better than Daniel Coleman. My friend started to flip through the pages. She did not give it back until she finished reading it. When she gave it back to me she said, "That was an eye opener, Thanks"

This is the book you want to help you understand yourself and the people around you. It is exceptional psychological principles put in plain english. I enjoyed the information and this book helped me understand myself more than before. EI is applicable and makes absolute sense. How people develop and how that applies to who they are or what they can be is interesting. I appreciate this book and tell you now that it gave me a great appreciation for how I was raised and what my parents taught me. You need to read this book it will become the deciding factor for how people handle things in their lives and how we can understand others so much better than we do today. This is a must read book.

First off, this book was purchased for my wife, she wanted to read it as she has heard good things about the book. I ended up reading it and found that I could not put it down. There are some very informative things listed in here that gave me the desire to try and understand the entire person before jumping to a conclusion based off one incident. I enjoyed it.

Purchased, Emotional Intelligence: Why it can matter more than IQ (Leading with..., to gain a better awareness and to be able to control of my emotions when interfacing with others. I wanted to be able to learn to use my emotions in a positive way instead of letting my emotions use me. In the position that I am in this technique is very important. I purchased the audio to use on my commute to and from work. Good book, recommend to others who want personal growth.

Being a huge geek, I quickly found myself lost in the first chapters of this magna opera: Goleman does an amazing job at walking the reader through the scientific basis for his analysis, and his yeoman explanation of how the various parts of our brain interact is fascinating. There are so many

ways you can read and absorb this book: you have physical, psychological, pedagogical as well as self-help sides. Personally, I enjoyed a little bit of everything. Only half negative comment: it becomes a little repetitive towards the end, and you'll predict what the next page will tell you before you get there...then again, it was never intended to be a mystery novel was it?

An excellent perspective into a needed understanding of one of the most illusive aspects of the human life, our emotional dynamic. There will be cynical critics, but truthfully knowing thyself is powerful when trying to understand other.

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Emotional Intelligence: Why You're Smarter But They Are More Successful(Emotional intelligence leadership,Emotional Quotient,emotional intelligence depression,emotional intelligence workbook)

Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4)

Emotional Intelligence: The Top Secret to Using Emotional Intelligence to Get the Most Out of Your Life

Emotional Intelligence: Why it can matter more than IQ (Leading with Emotional Intelligence)

Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) Emotional Intelligence:

How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions, how to read ... problem solving, communication Book 3) Emotional

Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success

(Emotional Mastery, Fully Control Emotions) The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All Writing Classified and Unclassified

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Committee Study of the Central Intelligence Agency's Detention and Interrogation Program

Emotional Intelligence: Why It Can Matter More Than IQ Emotional Intelligence Working with Emotional Intelligence HBR's 10 Must Reads on Emotional Intelligence (with featured article "What Makes a Leader?" by Daniel Goleman)(HBR's 10 Must Reads) HBRÃ¢â€žâ¢s 10 Must Reads on Emotional Intelligence Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence Emotional

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