

## **EMOTIONAL INTELLIGENCE QUICK BOOK**



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### **Emotional Intelligence Daniel Goleman**

In 1990, in my role as a science reporter at The New York Times, I chanced upon an article in a small academic journal by two psychologists, John Mayer, now at the University of New Hampshire, and Yale's Peter Salovey. Mayer and Salovey offered the first formulation of a concept they called emotional intelligence.

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### **Emotional Intelligence by Daniel Goleman Paperback**

Daniel Goleman, PH.D. is also the author of the worldwide bestseller Working with Emotional Intelligence and is co-author of Primal Leadership: Learning to Lead with Emotional Intelligence, written with Richard Boyatzis and Annie McKee. Dr. Goleman received his Ph.D. from Harvard and reported on the brain and behavioral sciences for The New York Times for twelve years, where he was twice

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### **Emotional Intelligence Why It Can Matter More Than IQ by**

Descriptive but not very practical--The main and only thesis of the book is: emotional intelligence is important. That's it. Goleman spends over 13 hours in this audiobook to pretty much buttress the thesis with evidence from various sources including psychology, medicine, and educational programs.

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### **Emotional Intelligence 2.0 by Travis Bradberry Goodreads**

"Emotional Intelligence 2.0 succinctly explains how to deal with emotions creatively and employ our intelligence in a beneficial way." --THE DALAI LAMA For the first time ever in a book, TalentSmart's revolutionary program helps people identify their EQ skills, build these skills into strengths, and

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### **Emotional Intelligence Quotes Sources of Insight**

Here's my round up of emotional intelligence quotes. It includes words of wisdom on emotional intelligence from Benjamin Franklin, Buddha, Dale Carnegie, Vincent Van Gogh, and a bunch of other people you probably never heard of. One simple definition of emotional intelligence is the ability to

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