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No Emotional Intelligence?: How to Improve Emotional Intelligence

By No-To-Know Publication

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Do You Have NO Emotional Intelligence ? What is the biggest thing that controls you? No, it s not your demanding boss or control freak mother-in-law. Look inside and ask yourself, every decision you make.how do you make it and what is it based off of? If you think you make it based on rational-thinking, and that we re all logical creatures.think again! There is something within us older than prehistoric time.it s something called emotions. Before our higher-thinking brain was developed that makes us intelligent creatures we are today, human-beings were primitive species ruled only by our instinctual nature and emotions. We like to think we are in control of ourselves, our well-being, our success, and our destiny, but somewhere deep down inside is still this outdated animalistic part of our brain that no longer serves us in the present, that overrides our self-control and let our emotions run wild. If our logic were to ever clash with our emotion, emotion would win because it has been around longer. That s why it s...



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Reviews

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