



Learn Do Thrive Increase Your Emotional Intelligence

By Dr June a Donaldson

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Emotional Intelligence, or as Dr. June Donaldson has trademarked it, "Emotional SMARTS®", is foundational to your well-being if you want to enjoy quality life experiences, satisfying work scenarios and rewarding relationships. Being emotionally smart is all about how you apply your knowledge, wisdom, or "smarts" to managing your emotions and that is sometimes easier said than done! Many people don't give their emotional wellness, their Emotional SMARTS®, a second thought when life is nice and normal and people are pleasant and predictable. However, when life does a "runaway" on them and they face workplace, relationship, home life, health, or financial set-backs, the model, tips and tools in this book can provide a track to run. That's important because when the going gets tough, it's paramount people know how to be grounded, centered and focused so they can deal with what's coming at them. The more you know about how to demonstrate your Emotional SMARTS®, the greater potential for you to receive the best results possible for your time, money, energy, resources and talent. When you know how to self-manage and...



READ ONLINE
[2.3 MB]

Reviews

Completely essential go through pdf. This is for all those who state that there was not a really worth reading through. You will not truly feel monotony at any time of your time (that's what catalogues are for concerning if you question me).

-- **Mr. Santa Shanahan**

These sorts of publication is the perfect pdf readily available. It normally is not going to cost a lot of. You won't truly feel monotony at anytime of your respective time (that's what catalogues are for concerning if you question me).

-- **Keshawn Muller**

See Also



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Daddyteller: How to Be a Hero to Your Kids and Teach Them What s Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...



What s the Point of Life? (Hardback)

CF4kids, United States, 2014. Hardback. Book Condition: New. 208 x 145 mm. Language: English . Brand New Book. Abandoned by my mother, I was often clueless about my father s whereabouts, while his girlfriend-a cruel, angry, and violent woman looked after us...



The Wolf Who Wanted to Change His Color My Little Picture Book

Auzou. Paperback. Book Condition: New. Eleonore Thuillier (illustrator). Paperback. 32 pages. Dimensions: 8.2in. x 8.2in. x 0.3in. Mr. Wolf is in a very bad mood. This morning, he does not like his color anymore! He really wants to try another one, just to see...



Freckleface Strawberry: Lunch, or What s That?

Random House USA Inc, United States, 2015. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Academy Award winning actress and New York Times bestselling author Julianne Moore brings us more adventures from Freckleface Strawberry! Picky eaters...



The Mystery of God s Evidence They Don t Want You to Know of

Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****. Save children s lives learn the discovery of God Can we discover God? What does science prove? Why we were never...