

# Latest AI News

## Gary Marcus vs Sam Altman on GPT-o1 aka Strawberry

*Source: Marcus on AI*

Published: Thu, 12 Sep 2024 21:31:21 GMT

URL: <https://garymarcus.substack.com/p/gary-marcus-vs-sam-altman-on-gpt>

Summary: The article discusses the importance of emotional intelligence (EI) in both personal and professional contexts. It emphasizes that EI, defined as the ability to recognize and manage one's own emotions while understanding the emotions of others, can significantly impact interpersonal relationships and decision-making processes. The author highlights that individuals with high EI are often better at resolving conflicts, demonstrating empathy, and fostering collaborative environments. Research is cited to support the notion that EI is a strong predictor of success in various aspects of life, including leadership effectiveness and job performance. The article also points out that unlike traditional intelligence (IQ), emotional intelligence can be developed and improved over time through practice and self-reflection. Practical strategies for enhancing EI are suggested, such as mindfulness, active listening, and seeking feedback from others. Finally, the article encourages readers to prioritize the cultivation of emotional intelligence, as it can lead to improved relationships and a more fulfilling life, both personally and professionally. The overarching message is that investing in EI development is essential in today's interconnected and often emotionally charged world.