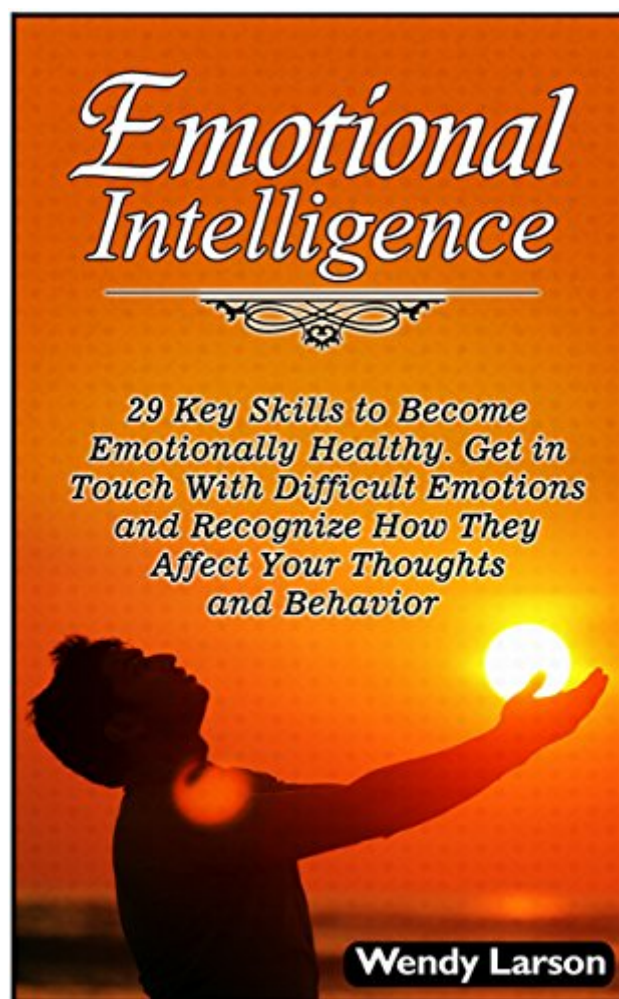


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Emotional Intelligence: 29 Key Skills to Become Emotionally Healthy. Get in Touch With Difficult Emotions and Recognize How They Affect Your Thoughts and ... intelligence, Emotionally Healthy) by Wendy Larson ISBN B015PQCGU0

Do you have difficulties with identifying, expressing or dealing with your emotions? If so, our guide will certainly illuminate your way towards reaching complete emotional awareness and serenity.

Just as our intellectual intelligence is very important for our success and progress, our emotional intelligence our EQ is crucial for our social life, relationships and mental and physical health. Emotional Intelligence - 29 Key

Skills to Become Emotionally Healthy will help you learn how to deal with your emotions, teaching you how your emotional state is affecting your life your relationships, your health and people around you. Our guide will teach you crucial keys you need to know in order to enhance your EQ, learn how to tame your emotions without suppressing them and embrace the positivity life can bring.

In our guide you will find:

- Emotional Awareness 101: I feel, thus I exist
- How your emotions affect you: connection between our bodies and our emotions
- Your emotions and people around you; how you affect other people on emotional level
- Your emotions and yourself; know yourself and learn how to deal with your emotions
- In control: growing up emotionally
- Obtaining emotional awareness

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This Emotional Intelligence: 29 Key Skills to Become Emotionally Healthy. Get in Touch With Difficult Emotions and Recognize How They Affect Your Thoughts and ... intelligence, Emotionally Healthy) book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Emotional Intelligence: 29 Key Skills to Become Emotionally Healthy. Get in Touch With Difficult Emotions and Recognize How They Affect Your Thoughts and ... intelligence, Emotionally Healthy) without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Emotional Intelligence: 29 Key Skills to Become Emotionally Healthy. Get in Touch With Difficult Emotions and Recognize How They Affect Your Thoughts and ... intelligence, Emotionally Healthy) can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Emotional Intelligence: 29 Key Skills to Become Emotionally Healthy. Get in Touch With Difficult Emotions and Recognize How They Affect Your Thoughts and ... intelligence, Emotionally Healthy) having great arrangement in word and layout, so you will not really feel uninterested in reading.