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By now, emotional intelligence (EQ) needs little introduction. It's no secret that EQ is critical to your success. But knowing what emotional intelligence is and knowing how to use it to improve your life are two very different things. Emotional Intelligence 2.0 delivers a step-by-step program for increasing your emotional intelligence using the four core EQ skills: self-awareness, self-management, social awareness, and relationship management. To exceed your goals and achieve your fullest potential. For the first time ever in a book, Drs. Bradberry and Greaves unveil TalentSmart's revolutionary program to help people identify their EQ skills, build these skills into strengths, and enjoy consistent performance in the pursuit of important life objectives. This audiobook contains proven strategies from a decade-long effort to accurately measure and increase emotional intelligence. Trusted by upper-echelon leaders inside companies worldwide, these strategies will enable you to capitalize on the skills responsible for 58% of performance in all types of jobs. The new, enhanced online edition of the world's bestselling emotional intelligence test, the Emotional Intelligence Appraisal, will show you where your EQ stands today and what you can do to begin maximizing it immediately. The audiobook's smooth narrative style turns rigorous research into memorable stories and practical strategies that anyone can use to his or her advantage. With 90% of top performers high in EQ, and EQ twice as important as IQ in getting where you want to go in life, who can afford to ignore it?

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