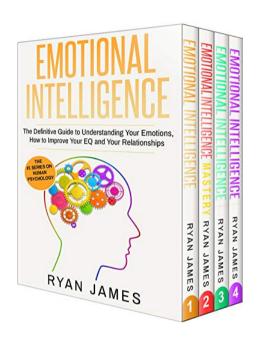
## [Download] Emotional Intelligence: 4 Manuscripts - How to Master Your Emotions, Increase Your EQ, Improve Your Social Skills, and Massively Improve Your Relationships





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Emotional Intelligence is separate from general Intelligence (IQ). It's the intelligence that nobody learns in school, but that has a huge impact on your life. This book lets you delye deeper into the essential building blocks of Emotional Intelligence. This comprehensive. chronological book empowers you to overhaul your Emotional Intelligence by beginning with a strong foundation and ultimately becoming a master of emotional intelligence. In this book, you will discover: What emotional intelligence is Traits of people with high emotional intelligenceTraits of people with low emotional intelligenceWhat drives your emotions and how they affect your bodyHow to increase your self-awarenessHow to manage stressHow to bounce back from adversityHow to build stronger interpersonal relationshipsHow to manage intimacyHow to take control of your life21 practical tips that will help you increase your emotional intelligenceHow to set personal boundariesHow to get to know yourself deeplyHow to increase your optimism and resilienceReal stories of people with low and high emotional intelligence30 empathy statements100 techniques to help you beat stressAnd more!And much, much more! The tried-and-tested advice offered by this book will give you a lifetime of skills. You will no longer be overwhelmed by emotions, stress, or have any difficulty maintaining strong relationships. You will become a true master of Emotional Intelligence. Click "Add to Cart" now and change your life!

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