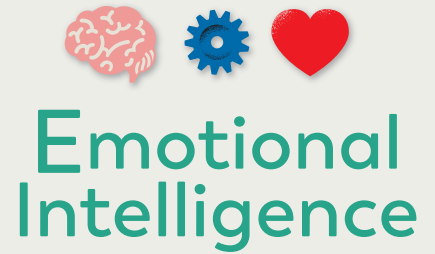




EQ Resources

There is so much to learn about emotional intelligence. Here are a few places to start.



Books or Authors Mentioned in the Video

[Emotional Intelligence: Why It Can Matter More Than IQ](#) by Daniel Goleman

[Emotional Intelligence 2.0](#)
by Travis Bradberry and Jean Greaves

Just a Few of the Books I Recommend

So many wonderful books to dive into!
Some of these touch on mindfulness, too.

[Primal Leadership](#) by Daniel Goleman,
Richard Boyatzis, and Annie McKee

[Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom](#) by Rick Hanson

[Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence](#)
by Rick Hanson

[Your Brain at Work: Strategies for Overcoming Distraction, Regaining Focus, and Working Smarter All Day Long](#) by David Rock

Online Resources

[Daniel Goleman's LinkedIn Articles](#)

[Fast Company](#)
articles on EQ

[Harvard Business Review](#)
articles, videos, and
blogs on EQ

[Inc.com](#) articles on EQ

[TalentSmart.com](#)
articles

[Thrive Global](#)
articles on EQ