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Introducing Emotional Intelligence: A Practical Guide

By David Walton

Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Introducing Emotional Intelligence: A Practical Guide, David Walton, Emotional Intelligence: A Practical Guide shows how you can improve your personal and professional relationships, your health, your children's prospects and more. With exercises, case studies and useful tips, it helps you put the principles of EI into practice to achieve a happier, healthier life. STAY IN CONTROL with a greater understanding of yourself INFLUENCE OTHERS through assertive communication HELP YOUR CHILD AT SCHOOL by improving their concentration and behaviour IMPROVE YOUR PHYSICAL WELL-BEING by regulating your emotions.



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