



Introducing Emotional Intelligence: A Practical Guide (Introducing...)

David Walton

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An INTRODUCING PRACTICAL GUIDE to effectively understanding oneself and others. Emotional intelligence is the innate potential to feel, use, communicate, recognize, remember, describe, identify, learn from, manage, understand and explain emotions. Increasingly it is seen that people who have a higher level of emotional intelligence do better at work in all sorts of fields and in relationships from marriage to casual friends. This INTRODUCING PRACTICAL GUIDE both explores what Emotional Intelligence is all about and how you can cultivate a higher EI for yourself.

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