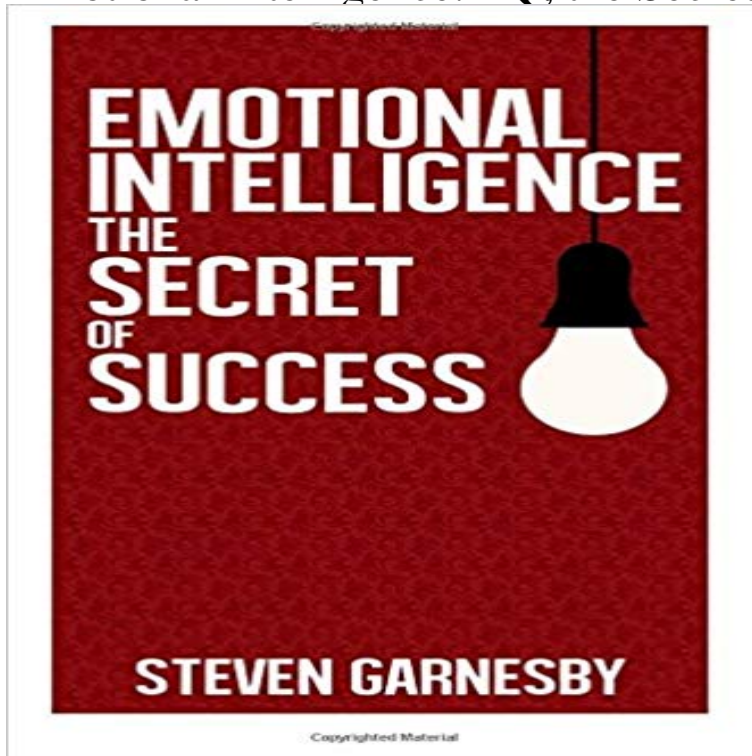


## Emotional Intelligence: EQ, the Secret of Success



Emotional Intelligence: EQ, the Secret of Success Intelligent people are capable of reasoning about information. Emotional intelligent people are able to understand their own emotions, control them and also recognize others emotions, too. Career or business success is guaranteed for emotional intelligent people. This e-book will make you understand why emotional intelligence is so important for life success and, also, what is the best part about this new concept: EQ (emotional quotient) - it can be increased! Yes, that's right! EQ development is possible. However, please do not expect this emotional intelligence book to provide you with guidance regarding the path to success. No! There is no such thing. On the contrary, it will deliver its reader with straight-to-the point, scientific and well-researched information regarding emotional intelligence and how can one increase its EQ. Once this target has been achieved, success will definitely come. The following 5 chapters will have the role of delivering the most important information which is needed by any person in order to increase its level of emotional intelligence (EQ): The Scope of Emotions I am sure that you are already aware of the fact that emotions have a huge potential. Because of them, you can achieve your objectives in a better manner, or you can avoid un-desirable things. And, when writing this statement, I also take into consideration those negative emotions. For example, an emotion like anger could motivate you better into finding the perfect solution for a specific problem. This chapter will also answer to one of the most important questions that stand behind the entire concept of life success: what is emotional intelligence. After we define emotional intelligence we will have a detailed description of EQ. How to Control Emotions? A while ago it was called creating temperance. Now, we say getting a grip. It's the same thing and it describes

how people are controlling the responses to their emotions. This stands as a base for emotions management. This concept refers to the ability of one person to eliminate the excess of emotions and create a perfect equilibrium between positive and negative feelings. The result translates into a perfect psychological status, which will lead to a successful life, from the career/ business point of view. What Are the Effects of Emotional Intelligence? There are moments in our lives when we are so stressed about a specific problem that our judgment stops working. Also, there are other moments when, due to our enthusiasm, we are certain that nothing could prevent us from achieving our goals. This reveals how our emotions could have a negative effect upon our activities or, on the contrary, how could they positively influence us in pursuing our goals. How to Educate Yourself from the Emotional Point of View? (Developing and Improving Emotional Intelligence) If you are constantly watching the news, you will find out that the media is packed with worrying stories. Some reports state that guns are the main cause of death in US. Other reports are showing that the murder rate has grown with 3%. Violent crimes are more and more frequent. Now, I am sure that you have asked yourself: Where are we heading? It doesn't sound too good, but there should still be hope. That's because the best solution for all of the above mentioned statements is emotional literacy. This chapter will provide the reader with essential information on emotional literacy.

Emotional Intelligence Test Emotional intelligence assessment is mandatory because, before taking the corrective and educational measures, you need to know your EQ level.

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