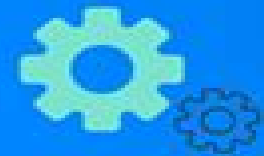


# EMOTIONAL INTELLIGENCE



# 6 Guide Emotional Intelligence

**Teri Kwal Gamble, Michael W. Gamble**



## 6 Guide Emotional Intelligence:

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see yourself afraid of the emotion that you are feeling Do you think you can be able to manage these feelings without having them take over you Do you find your emotions affecting your ability to get your job done Can you relate to others on how they feel and empathize with them effectively Being in the 21st century entails a lot of challenges It is highly essential to be emotionally intelligent now more than ever Emotional intelligence refers to one's capacity to recognize process as well as handle emotional information effectively Mastering your emotional intelligence will help you thrive in this world The good news is you can learn about it In this book you will find Practical tips on how to be emotionally intelligent Control body language How to recognize personality types How to use nonverbal communication Persuasion techniques Recognizing the need for you to handle your emotions can help you think and act wisely and to influence positively Being emotionally

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