



## Improve Your Emotional Intelligence - Communicate Better, Achieve More, be Happier: Teach Yourself

By Christine Wilding

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Improve Your Emotional Intelligence - Communicate Better, Achieve More, be Happier: Teach Yourself, Christine Wilding, Do you want to dramatically improve your performance at work, enjoy better relationships and communicate better with those around you? Emotional Intelligence is the way we use our thoughts and feelings - our personality - to change our behaviour and create a positive influence on our surroundings, our friends and our colleagues. This book brings you the very latest research on Emotional Intelligence, and combines it with insights from the fields of mindfulness, positive psychology and altruism, creating a holistic approach and a powerful tool for change. It presents practical strategies to help you set and achieve new goals either at work or at home, and to engage effectively and positively with everyone around you. Learning tools include Try It Now, Remember This, Key Facts, Case Studies and Focus Points. A completely updated and revised edition.



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