



Emotional Intelligence: - Interpersonal Skills, How To Meditate, Awareness, Mindfulness, Confidence, Leadership, Self Esteem! (Communication Skills, Leadership, ... Feeling Good, Interpersonal, Meditation)

Ryan Cooper

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This "Emotional Intelligence" book contains proven steps and strategies on how to quickly master your emotions through emotional intelligence!

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Have you ever heard the saying, "Master your emotions, and in turn you will master your life"?

Emotional intelligence is a term that most people don't seem to understand, and this is so unfortunate, because your emotions are the only reality that truly exists. Do you understand how powerful your emotions are? Just to give you an example, emotions can cause you to fall in to the deepest pit of despair or cause you to feel the most exhilarating level of peace, joy, happiness, contentment, success, excitement, motivation, desire, love, and the list goes on and on.

The most amazing thing about emotions and feelings is that if you employ emotional intelligence in your life you can literally pick and choose which emotions you want to feel, and when you want to feel them.

My hope is that these eight chapters will give you a fast track to experiencing emotional intelligence. Emotional intelligence is something that you can actively mold and hone consciously, but I will say it does take some effort on your part. This book will empower you, encourage you, and most importantly direct you to a much deeper understanding of your emotions and feeling, and what they mean.

Here Is A Preview Of What You'll Learn...

- Understand What Emotional Intelligence Is
- Master Your Interpersonal Skills For True Emotional Intelligence
- How To Use Meditation For Greater Emotional Intelligence
- Increasing Your Self Awareness And Self Trust
- Emotional Intelligence As It Relates To Mindfulness
- Developing Communication Skills through Emotional Intelligence
- How Emotional Intelligence Will Make You More Charismatic
- Emotional Intelligence, Feeling Good, And Self Confidence
- Much, Much More!

Download your copy of "Emotional Intelligence" today by clicking the "buy now" button at the top right!

Tags: Awareness, Emotions, Emotional, Intelligent, Intelligence, Be emotional, Be intelligent, Mindful, Mindfulness, Confident, Confidence, Self Confidence, Communicate, Communication, Meditation, True emotions, Interpersonal Skills, Fell good, Feelings, Cooperate, Listen, Listen carefully, Talk, Develop skills, Develop emotions, Understand Intelligence, Appreciate, Smile, laughter, Laugh, Smile a lot, Attention, Be attentive, Emotions, Emotional, Intelligent, Intelligence, Interpersonal Skills, Mindful, Feelings, Improve Intelligence, Be aware, Awareness, Emotions, Intelligence, Be emotional, Interpersonal skills, Be intelligent, Communication, Mindful

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