



# **Emotional Intelligence: Ultimate Practical Guide: How to Become A Lively And Likeable Leader By Improving Your EQ (Positive Psychology, Interpersonal Skills, Emotions)**

*Alan Schmidt*

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## **The Hidden SECRETS Of Emotional Intelligence: The Ultimate Practical Handbook That Reveals The Proven Techniques Which REALLY improve EQ**

**Read on your PC, Mac, smart phone, tablet or Kindle device RIGHT NOW.**

Do you know someone who is good at managing their emotions? Someone who is good at expressing their thoughts, hopes and even their most personal feelings in a clear and appropriate manner? Someone who is great at handling other peoples' emotions, even during awkward situations? Someone who is a LIKEABLE LEADER type of person. If so, then this person is emotionally intelligent.

If you are emotionally intelligent, you are the master of your own feelings. You know how to survive a bad mood without it ruining your day, and you know how to use your emotional energy wisely. If your EQ (Emotional Quotient – a measure of emotional intelligence) is high, then you know exactly how to ride out even the most difficult problems that life throws at you, with your sanity and dignity intact.

### **This book is a must have for you:**

- If you want to beat mental overload and depression
- If you want to get rid of this heavy feeling in your gut every time you think about your future
- If you are ready to be the person that everyone is looking up to at work
- If you want to be a positive example for your family and friends
- If you want to naturally improve your sexual charisma
- If you want to finally apply logical knowledge in an effective way and feel energized and alive as a side-effect

For a long time, traditional intelligence – what we refer to as ‘intelligence quotient’ or ‘IQ’ – was seen as the only kind of intelligence worth bothering with. Someone with a high IQ is usually good at tasks like solving logic puzzles and solving equations. If you’ve ever taken an IQ test, you’ll know that they measure these kinds of mental abilities, but simply ignore skills relating to emotions and relationships.

This book will show you why Emotional Intelligence is the most important asset you have; not only that, but it will show you how you can easily improve it.

You're about to learn:

- Why people gather information about Emotional Intelligence by reading books, but still fail at improving it (hint: reading about swimming doesn't make you a good swimmer)
- The 3 most effective power-tools to actually improve your EQ drastically, in just 21 days
- How to make the consistently best decisions available to you at work and in your relationships
- How to be the "Mister Spock" (rational thinker) AND the "Nelson Mandela" (emotionally intelligent leader)
- How to dissolve emotional stress within a few minutes by using a weird new technique
- Much, much more

EQ can be cultivated systematically in a short period of time and it can be maintained with just a few minutes of practice every day. So, why doesn't everyone do it? Because many people haven't experienced the power of practical Emotional Intelligence. They don't understand the impact it can have on their confidence and on the people that surround them. If you are ready for the practical secrets of EQ, then you are about to read a book that will change your life fundamentally.

Don't lose any more time with other EQ guides that "inform" but don't DELIVER.

There is an EASIER, FASTER & MORE EFFICIENT way to improve your EQ. And you can do it by following this insanely practical, step by step guide!

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**Daniel Hayes:**

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**Karen Baskin:**

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**Gregory Polster:**

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**Judi Orta:**

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