



How to Improve Your Emotional Intelligence at Work in Relationships

By Shawn Kent Hayashi

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.What if one book could reveal to you how to find happiness, conquer fear, build stronger relationships, and create a life filled with purpose and passion. Would you read it? THIS IS THE BOOK: the step-by-step guide to raise your emotional intelligence. When you apply these ideas, you will create a joyful, purposeful life. Through clear, encouraging coaching, best-selling author Shawn Kent Hayashi deconstructs how to be emotionally intelligent and makes mastery possible. Real life stories, hands-on exercises, and an integrated journal launch you from passive learning to active practice -- fast! In "How to Improve Your Emotional Intelligence at Work in Relationships" you ll gain these vital tools: - The life-changing questions to ask yourself when you re feeling fear or anger and want to create lasting positive change in your life - The fastest way to stop emotional hijacks from damaging your relationships and career - The secret to developing emotional intelligence - The best techniques to self-regulate through negative emotions - The truth about your "emotional wake" and the steps to strengthen...



READ ONLINE
[8.24 MB]

Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehend every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.

-- **Arianna Witting**

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing throgh reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- **Crystel Hagenes**