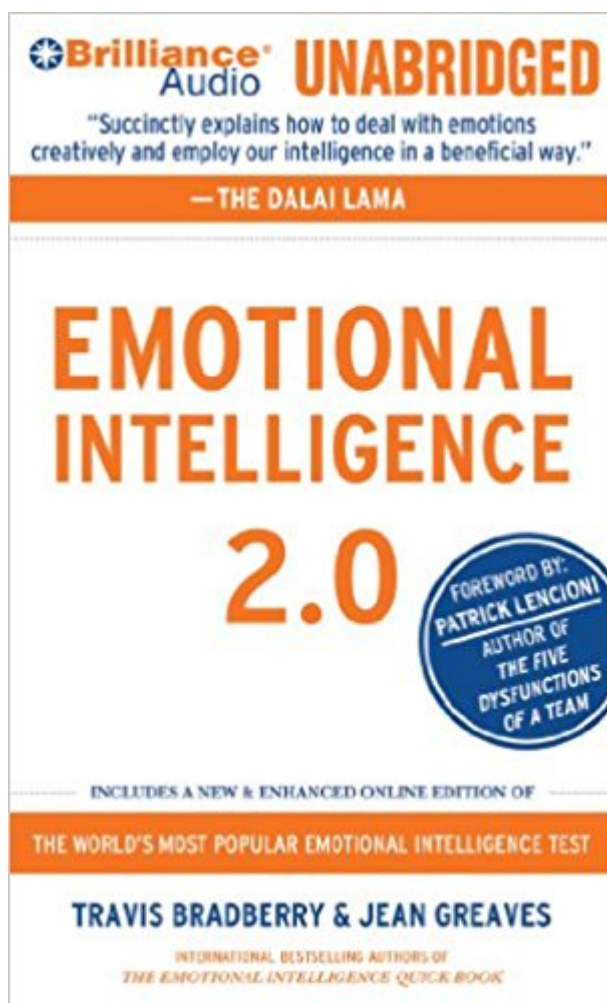


The book was found

Emotional Intelligence 2.0



Synopsis

By now, emotional intelligence (EQ) needs little introduction. It's no secret that EQ is critical to your success. But knowing what emotional intelligence is and knowing how to use it to improve your life are two very different things. Emotional Intelligence 2.0 delivers a step-by-step program for increasing your emotional intelligence using the four core EQ skills: self-awareness, self-management, social awareness, and relationship management to exceed your goals and achieve your fullest potential. For the first time ever in a book, Drs. Bradberry and Greaves unveil TalentSmart's revolutionary program to help people identify their EQ skills, build these skills into strengths, and enjoy consistent performance in the pursuit of important life objectives. This audiobook contains proven strategies from a decade-long effort to accurately measure and increase emotional intelligence. Trusted by upper-echelon leaders inside companies worldwide, these strategies will enable you to capitalize on the skills responsible for 58% of performance in all types of jobs. The new, enhanced online edition of the world's bestselling emotional intelligence test, the Emotional Intelligence Appraisal®, will show you where your EQ stands today and what you can do to begin maximizing it immediately. The audiobook's smooth narrative style turns rigorous research into memorable stories and practical strategies that anyone can use to his or her advantage. With 90% of top performers high in EQ, and EQ twice as important as IQ in getting where you want to go in life, who can afford to ignore it?

Book Information

Audio CD

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Average Customer Review: 4.0 out of 5 stars 26 customer reviews

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Customer Reviews

Drs. Travis Bradberry and Jean Greaves are award-winning authors and the cofounders of

TalentSmart® the world's #1 provider of emotional intelligence tests and training, serving more than 75% of Fortune 500 companies. Their bestselling books have been translated into 25 languages and are available in more than 150 countries. Drs. Bradberry and Greaves have written for, or been covered by: Newsweek, BusinessWeek, Time, Fortune, Forbes, Fast Company, Inc., USA Today, The Wall Street Journal, The Washington Post, and The Harvard Business Review.

Good book. Very down to earth. Very good aid in trying to get a better grasp on the need to mature, emotionally.

A book you will have to read a couple of times to get everything out of it, but there is lots to digest and very insightful.

Some of what is said seems like common sense but there are also some good perspectives to consider in the ways of looking at Emotional Intelligence. I haven't taken the test yet but probably will at some point.

I was very disappointed in this program. I found it very difficult to listen to. So many different voices acting out different responses to people with ADD I had to turn it off over and over so I could gather my thoughts and try again. I finally put it away.

The EI 2.0 was selected by the Washington State (Soccer) Referees for their annual Referee Development Advancement Clinic for all the referees to read and discuss with in the context of the clinic. There are areas that Referees in general can improve upon in the event of Fans, Coaches, Players or other referees getting verbal abuse from these groups. The test provides areas and suggestions to improve your emotional state.

Great book. Explains a lot!

Very poor presentation of a very important subject. A deliberate attempt to make this material uninteresting. Save your money and look for another book.

Excellent book. I would begin to teach this to your kids young, it will enhance their life. But, you are never too old to start learning.

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Emotional Intelligence: Why You're Smarter But They Are More Successful (Emotional intelligence leadership, Emotional Quotient, emotional intelligence depression, emotional intelligence workbook)

Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4)

Emotional Intelligence: The Top Secret to Using Emotional Intelligence to Get the Most Out of Your Life

Emotional Intelligence: Why it can matter more than IQ (Leading with Emotional Intelligence)

Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3)

Emotional Intelligence: How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions, how to read ... problem solving, communication Book 3)

Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions)

The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All

Writing Classified and Unclassified Papers for National Security: A Scarecrow Professional Intelligence Education Series Manual (Security and Professional Intelligence Education Series)

Ethics of Spying: A Reader for the Intelligence Professional (Security and Professional Intelligence Education Series)

Readings in Medical Artificial Intelligence. The First Decade (Addison-Wesley Series in Artificial Intelligence)

Humanitarian Intelligence: A Practitioner's Guide to Crisis Analysis and Project Design (Security and Professional Intelligence Education Series)

The Senate Intelligence Committee Report on Torture: Committee Study of the Central Intelligence Agency's Detention and Interrogation Program

Emotional Intelligence: Why It Can Matter More Than IQ

Emotional Intelligence Working with Emotional Intelligence

HBR's 10 Must Reads on Emotional Intelligence (with featured article "What Makes a Leader?" by Daniel Goleman) (HBR's 10 Must Reads)

HBR's 10 Must Reads on Emotional Intelligence

Eat Q: Unlock the Weight-Loss Power of Emotional Intelligence

Emotional Intelligence: 10th Anniversary Edition; Why It Can Matter More Than IQ

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