

<<the other kind of sm>>

图书基本信息

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内容概要

We have known for years that the difference between those who become successful in life and those who struggle is their degree of emotional intelligence (EI), or people skills. Now, The "Other Kind of Smart" shows readers how they can increase their emotional intelligence and overcome the barriers that are preventing them from realizing their true potential. Emotional intelligence coach Harvey Deutschendorf has shown thousands of people how to relate emotional intelligence to everyday situations. Here, he uses the proven techniques of storytelling, combined with quotes and exercises, to show readers how to apply the principles of EI on the job. Filled with real-life scenarios and solutions, this book offers tools that will bring results in as little as five minutes a day and shows how to develop stress tolerance, cultivate empathy, increase flexibility with co-workers, boost assertiveness, and resolve problems successfully. Complete with an EI quiz that will help readers measure their own level of emotional intelligence, this invaluable guide will enable everyone to improve their relationships and increase their effectiveness at work in a practical, accessible way.

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