



Emotional Intelligence: How To Be A Master Of Your Emotions, Dramatically Raise Your EQ And Become Brilliant Leader

Tyler Green

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Why Is Emotional Intelligence So Important?

People who have high emotional intelligence enjoy more success in every area of life: social, emotional, physical, and financial. Research shows that EQ is one of the strongest indicators of human success and that people with strong emotional intelligence are more likely to succeed than those with high IQs or relevant experience.

Higher emotional intelligence helps us to have stronger internal motivators, which can reduce procrastination, increase self-confidence, and improve our ability to focus on a goal. It also allows us to create better networks of support, overcome setbacks, and persevere with a more resilient outlook.

I went through almost all resources, including courses, books, blogs, and articles, to find the best strategies and tips to increase individual emotional intelligence. With these strategies and tips, you will dramatically increase your EQ. If you really want to take charge of your life, don't wait. Take action and order a copy.

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