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Emotional intelligence 2. 0 book pdf

For the first time, TalentSmart unveils its step-by-step program for increasing emotional intelligence through 66 proven strategies that teach: self-awareness of self-awareness management of social awareness management of the book also includes access to the world's enhanced online edition of the world's most popular EQ-Emotional Intelligence Assessment test-indicating strategies that will increase emotional intelligence the most and EQ tests the second time to measure progress. What distinguishes human beings is that we are capable of positive change. This book succinctly explains to deal with creative emotions and use our intelligence in a beneficial way. Dalai Lama A quick read with compelling anecdotes and good context in which to understand and improve the score. Newsweek The only determinant of professional success that we can actually improve. The Washington Post This book can drastically change the way you think about success... read it twice. Patrick Lencioni Best-Selling Author of the five dysfunctions of a team Research convincingly shows that EQ is more important than IQ. This book offers abundant, practical discoveries and insights. Dr. Stephen R. Covey Author of 7 Habits of Highly Effective People Emotional Intelligence is an extremely important skill for personal and professional success. This book is excellent and the learning included in the free online quiz is cutting-edge. I highly recommend it. Ken Blanchard Best-Selling Business Author of All-Time Coauthor of One Minute Manager Finally a book that gives to rather than just what's to him. We do not need more conviction that emotional intelligence is at the heart of life's success. We need practical ways to improve it. Bradberry and Greaves' brilliant new book is a godsend. It'll change your life. Joseph Grenny NY Times Best-Selling Coauthor of Crucial Conversations I distributed the book to my entire team. We found it very useful in our relationships with each other and our internal customers. With all the new buzzwords in recent years, the heart and soul of a company's culture is how the organization supports and promotes emotional intelligence. Those with foresight see that retention will soon become the key, and emotional intelligence will separate good companies from big ones. This book is a wonderful tool for a basic approach. If your desire is to be a truly resonant leader that people will trust and follow, this is an opportunity that can not only change your professional career, but also your personal relationships. Queen Sacha Vice President of Human Resources Fedex Custom Critical In the fast-moving strip of business life today, people spend more time on computer keyboards, blackberries and conference calls than they do face-to-face communication. We are of let's piece together broken conversations, cryptic voicemails, and abbreviated text messages to figure out how to do it. In this complex web, emotional intelligence is more important than ever before. This book is full of priceless insights and information that no one can afford to ignore. Rajeev Peshawaria Executive Director of Goldman Sachs International Loy Machado's Book Review – Emotional Intelligence 2.0 by Travis Bradberry & Jean GreavesJust think about this. You have a recommendation from the Dalai Lama, Newsweek, The Washington Post, Newsday, Ken Blanchard and Marshall Goldsmith. And then, at first everything, you have a foreword (Ouch!) Patrick Lencioni himself! Now you need any other reason to be convinced why you should buy this book? Expected! Not. Before you decide to buy this book, read the rest and only then decide. Review in a nutshell. You have a recommendation from the Dalai Lama, Newsweek, The Washington Post, Newsday, Ken Blanchard and Marshall Goldsmith. And then, at first everything, you have a foreword (Ouch!) Patrick Lencioni himself! Now you need any other reason to be convinced why you should buy this book? Expected! Not. Before you decide to buy this book, read the rest and only then decide. Review in a nutshell.1. The chapter opens with the captivating story of a surfer who fought and survived against a great white shark.2. We learn what EQ is all about and what it isn't, along with research materials, illustrations and anecdotes.3 The 4 skills of emotional intelligence - Self-awareness, self-management, social awareness and relationship management.4. 6 Action plan steps to increase emotional intelligence levels.5. 15 Self-awareness strategies6. 17 Self-management strategies7. 17 Social awareness strategies8. 17 Relationship management strategies9. Latest research & discoveries in the world of emotional intelligence. That's exactly what the whole book is about. Some disadvantages of this book are:1) Most of the strategies are simply, silly or sometimes childish.2) The book tempts you to take a site-based test – which is again very basic, but at the same time exposes you to a strong number of marketed tests (good sales strategy I will admit)3) Personally, I doubt that you will follow all these techniques for more than a few weeks. Finally, it will be like joining a gym for a year, going for hardcore exercises for the first few weeks and then never again getting on the couch-based TV-phase for the rest of your life. Now, I don't want to go into explaining in detail the tricks, tips and strategies of the book, simply because it's right. But I will give credit to the authors for being honest - the final chapter says it best - if these strategies are not regularly, it is like a muscle that is not trained - You will lose flexibility and strength. So now you should buy or not buy this book? Here's the thing. This is a simple down-to-earth book, with common sense being explained at the level of a child with a simple straight right confession that no virtue will last is practiced regularly. Period. There is nothing extra-ordinary, shuddering or mind blowing. However, like exercise and healthy eating - it is achievable and useful. But now the question is - How long? Why is that? When? And for what reason? Quite frankly, (and yes, in my humble opinion) I have come to realize, some people are born idiots and will remain idiots – no matter which book they ever read. For example, in my case, I'm in-your-face with a not-care-a-barrier attitude and a choice of behaviors that I would get finished from any constipated corporate organization in the blink of an eye. I mean why should there be something else when I enjoy a level of success and able to stay away from a few many bozo's, who are either stupid, ignorant or just plain stupid? Regardless of the book I've ever read, I think there are some human beings who should be exterminated from the face of the earth or kept in zoos for mentally retarded – given that they are back-saboters, characterless and two facing. (If you are disturbed by this statement, it simply means this is your personality). So now, not reading this book makes me a male version of Mother Teresa? Not at all. So here is my final verdict. I would recommend buying this book only if you are willing to engage yourself in practicing these techniques of self-control, discipline and mental silence every day with enough stamina to last a lifetime. Otherwise, do yourself a favor, use common sense, patience, meditation with a little fasting and avoid purchasing this book altogether. It would do a lot of favors and yes, save your money from purchasing another good book and making it catch dust among the few books you have at home. General rating - 10 of 10.Loy Machedoloymachedo.com ... more Enquanto dirige, lava a louça, cuida do jardim, corre na esteira, toma café, relax not sofá or antes de dormir ... São muitos momentos para você ouvir um audiobook e descobrir um mundo de histórias! Você pode ouvir os conteúdos à vontade e sem limite e usar o modo offline para baixar e salvar um história para ouvir quando estiver sem conexão de internet. Tem também histórias infantis para entreter a criançada. Ah, e você podejustar a velocidade da voz: rápido or devagar? Você ouve na velocidade que preferência. Dr. Travis Bradberry is the award-winning co-author of #1 bestselling book, Emotional Intelligence 2.0. He is also co-founder of TalentSmart, the world's leading provider of emotional intelligence tests and training. Its service deals with more than 75% of Fortune 500 companies. Dr. Bradberry wrote for, or was covered by, Newsweek, BusinessWeek, Fortune, Forbes, Harvard Business Review, Fast Company, Inc., USA Today, The Wall

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