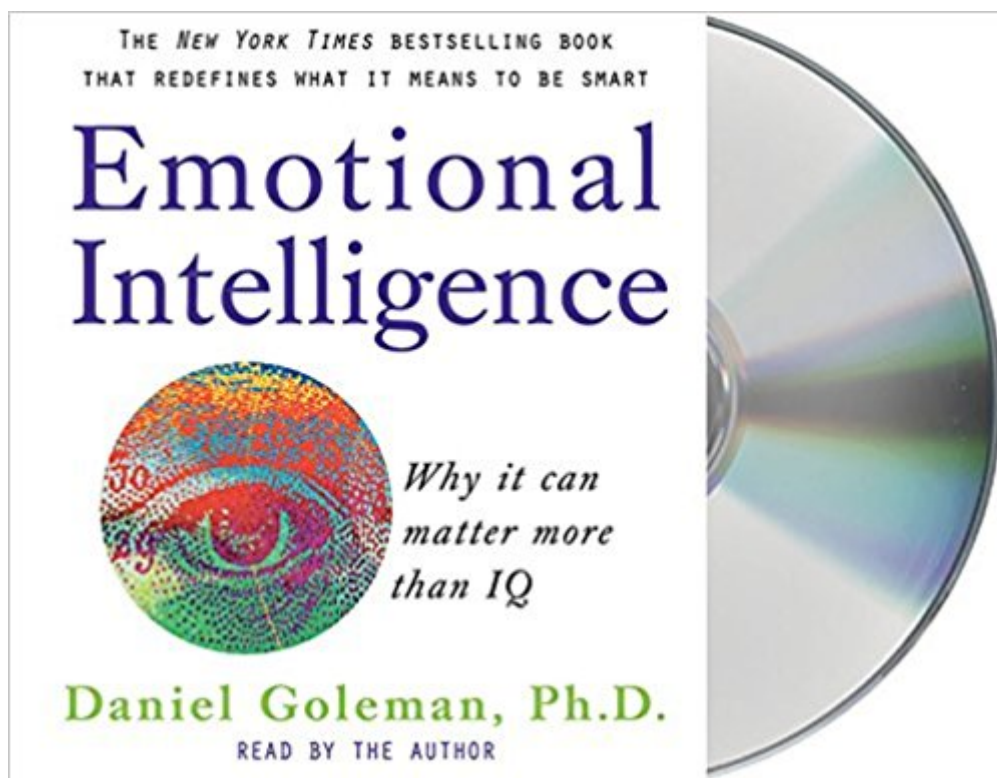




Ebook Directory
the best source of ebook

The book was found

Emotional Intelligence: Why It Can Matter More Than IQ (Leading With Emotional Intelligence)



Synopsis

Features a new introduction read by Daniel Goleman and a bonus dialogue between the author and Jon Kabat-Zinn. It is the tenth anniversary since the first publication of Daniel Goleman's groundbreaking bestseller, *Emotional Intelligence* which maps the territory where IQ meets EQ, where we apply what we know to how we live. Spending over a year on the New York Times bestseller list, *Emotional Intelligence* provided the evidence for what many successful people already knew: being smart isn't just a matter of mastering facts; it's a matter of mastering your own emotions and understanding the emotions of the people around you.

Book Information

Series: Leading with Emotional Intelligence

Audio CD: 11 pages

Publisher: Macmillan Audio; Unabridged edition (October 1, 2005)

Language: English

ISBN-10: 1593977808

ISBN-13: 978-1593977801

Product Dimensions: 5.2 x 39 x 146 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 890 customer reviews

Best Sellers Rank: #187,037 in Books (See Top 100 in Books) #144 in [Books > Books on CD](#) > Health, Mind & Body > Self Help #151 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#) #176 in [Books > Books on CD > General](#)

Customer Reviews

There was a time when IQ was considered the leading determinant of success. In this fascinating book, based on brain and behavioral research, Daniel Goleman argues that our IQ-idolizing view of intelligence is far too narrow. Instead, Goleman makes the case for "emotional intelligence" being the strongest indicator of human success. He defines emotional intelligence in terms of self-awareness, altruism, personal motivation, empathy, and the ability to love and be loved by friends, partners, and family members. People who possess high emotional intelligence are the people who truly succeed in work as well as play, building flourishing careers and lasting, meaningful relationships. Because emotional intelligence isn't fixed at birth, Goleman outlines how adults as well as parents of young children can sow the seeds. --This text refers to the Hardcover edition.

New York Times science writer Goleman argues that our emotions play a much greater role in thought, decision making and individual success than is commonly acknowledged. He defines "emotional intelligence" as a trait not measured by IQ tests as a set of skills, including control of one's impulses, self-motivation, empathy and social competence in interpersonal relationships. Although his highly accessible survey of research into cognitive and emotional development may not convince readers that this grab bag of faculties comprise a clearly recognizable, well-defined aptitude, his report is nevertheless an intriguing and practical guide to emotional mastery. In marriage, emotional intelligence means listening well and being able to calm down. In the workplace, it manifests when bosses give subordinates constructive feedback regarding their performance. Goleman also looks at pilot programs in schools from New York City to Oakland, Calif., where kids are taught conflict resolution, impulse control and social skills. Copyright 1995 Reed Business Information, Inc. --This text refers to the Hardcover edition.

Very good information, but at times hard to follow and a bit dull. Needed to 're-listen' to certain parts in order to absorb all of the information.

I've heard about this book for some time and finally purchased it after watching an interview with Daniel Coleman on Oprah's Super Soul Sunday. Good information.

When I bought this book one of my friends asked me, "What is Emotional Intelligence?" and I replied Nobody could explain it better than Daniel Coleman. My friend started to flip through the pages. She did not give it back until she finished reading it. When she gave it back to me she said, "That was an eye opener, Thanks"

Being a huge geek, I quickly found myself lost in the first chapters of this magna opera: Goleman does an amazing job at walking the reader through the scientific basis for his analysis, and his yeoman explanation of how the various parts of our brain interact is fascinating. There are so many ways you can read and absorb this book: you have physical, psychological, pedagogical as well as self-help sides. Personally, I enjoyed a little bit of everything. Only half negative comment: it becomes a little repetitive towards the end, and you'll predict what the next page will tell you before you get there...then again, it was never intended to be a mystery novel was it?

An excellent perspective into a needed understanding of one of the most illusive aspects of the human life, our emotional dynamic. There will be cynical critics, but truthfully knowing thyself is powerful when trying to understand other.

A fascinating book, and must-read for those seeking to understand and improve their inner lives.

Even after 20 years this topic is just beginning to be taken seriously. Emotional Intelligence reminds us that people are more than a traditional IQ. Very valuable for anyone who wants to build a cohesive team or to learn to motivate others.

The book references and makes sense of the results of a variety of scientific studies and documented cases on the subject of emotional responses. It is not a science book: anyone can follow it's arguments and examples; it's focus is how, with a solid footing on actual evidence, can we understand the causes and effects of emotions, how they help or hinder our capacity to solve problems, and to what extent and by what means can we exert control of them. It provides a sound model about the working mechanics of emotions and how they articulate with reason and consciousness and, on the basis of this model, develops the concept of emotional intelligence, which might be summed up as:- An awareness of emotions at the moment they are happening- An ability (conscious or subconscious) of regulating them or their effects- The set of competencies through which they are put to use (self-motivation, motivation of others, maintaining focus, managing relationships, and such)

[Download to continue reading...](#)

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

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

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

Emotional Intelligence: Why It Can Matter More Than IQ Emotional Intelligence: 10th Anniversary Edition; Why It Can Matter More Than IQ The Emotional Lives of Animals: A Leading Scientist

Explores Animal Joy, Sorrow, and Empathy – and Why They Matter The Emotional Lives of

Animals: A Leading Scientist Explores Animal Joy, Sorrow, and Empathy – and Why They

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

BiblioTech: Why Libraries Matter More Than Ever in the Age of Google Hold On to Your Kids: Why Parents Need to Matter More Than Peers 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 How to Grow More Vegetables, Ninth Edition: (and Fruits, Nuts, Berries, Grains, and Other Crops) Than You Ever Thought Possible on Less Land with Less Water Than You Can Imagine Children's Books: Why The Giraffe Is Crying?(Audio book download) Feeling good, Emotional intelligence for kids. Social skills, Picture book (Values) Fun, ... Animals books for kids, collection 1) Why Do Christians Shoot Their Wounded?: Helping (Not Hurting) Those with Emotional Difficulties (Not Hurting Those With Emotional Difficulties) New England Waterfalls: A Guide to More Than 400 Cascades and Waterfalls (Second Edition) (New England Waterfalls: A Guide to More Than 200 Cascades & Waterfalls) Transformers: More Than Meets the Eye (2011-) Vol. 1: More Than Meets the Eye v. 1 More Than This (More Than Series Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)