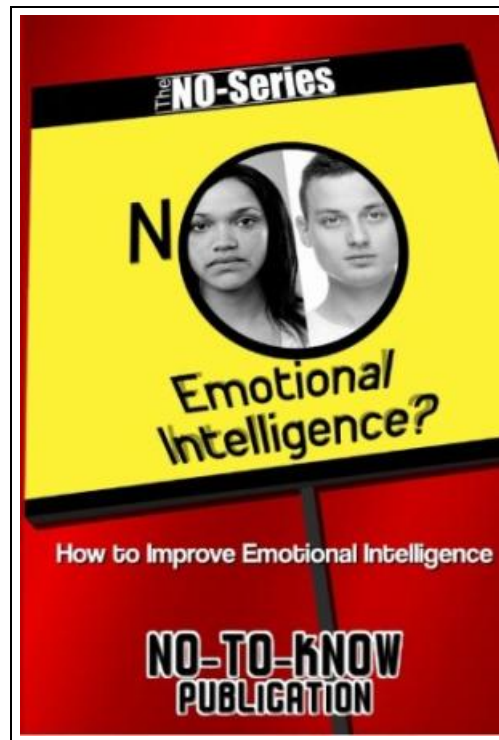


No Emotional Intelligence?: How to Improve Emotional Intelligence



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Reviews

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(Alana McCullough)

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Emotional Intelligence ? What is the biggest thing that controls you? No, it s not your demanding boss or control freak mother-in-law. Look inside and ask yourself, every decision you make.how do you make it and what is it based off of? If you think you make it based on rational-thinking, and that we re all logical creatures.think again! There is something within us older than prehistoric time.it s something called emotions. Before our higher-thinking brain was developed that makes us intelligent creatures we are today, human-beings were primitive species ruled only by our instinctual nature and emotions. We like to think we are in control of ourselves, our well-being, our success, and our destiny, but somewhere deep down inside is still this outdated animalistic part of our brain that no longer serves us in the present, that overrides our self-control and let our emotions run wild. If our logic were to ever clash with our emotion, emotion would win because it has been around longer. That s why it s so easy to get lazy and not do what you re supposed to do BUT only WHAT you feel like doing WHEN you feel like, as well as easily get emotionally affected when your day has been going so well.until that one person messes it up or some bad news you get, read, or heard, causing your emotions to spin out of control. This is a lack of emotional control, and a lot of us are not in control of our emotions. You re constantly reactive to other people and the things around you, not taking proactive approach in life...



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