



**EMOTIONAL INTELLIGENCE: How to master
your emotions, improve interpersonal
communication and develop leadership skills
(emotional intelligence, interpersonal
skills, communication, emotions)**

Ryan Smith

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Discover how to control your emotions and improve interpersonal communications

You're about to discover how to improve interpersonal communications. If you are someone that is looking to improve your emotional intelligence then you will find the information within the pages of this book most helpful. In this book you will find proven steps and strategies on how to develop your emotional intelligence.

When you gain emotional intelligence you are going to be able to develop and improve your emotional patterns, this will lead to helping improve your life overall. By reading the information in this book you will learn to take control of your emotions in such a way that you will become more capable of handling various situations, developing better relationships, succeeding in your plans, and just being happier with your life in general.

If you are looking to improve your emotional intelligence and find that peace you are searching for then this book will offer you some great ways on how you can reach your goals and succeed through developing your emotional intelligence!

Here Is A Preview Of What You'll Learn...

- What is emotional intelligence
- What is the history of emotional intelligence
- What are the methods of emotional intelligence
- How to sharpen emotional intelligence in 30 days
- How to maintain emotional intelligence
- Much, much more!

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Tags:emotional intelligence, Mastering Your Emotions, interpersonal skills, interpersonal communication , EQ, Positive Psychology, Leadership

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