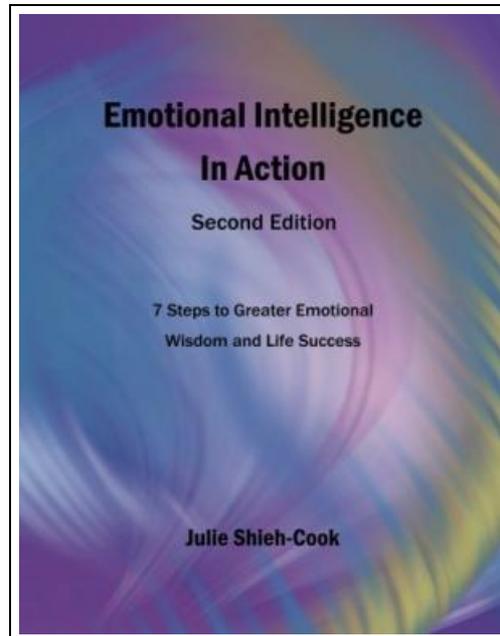


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Reviews

*Merely no phrases to spell out. I actually have read through and i am certain that i will gonna study once again again later on. You wont truly feel monotony at at any time of your time (that's what catalogues are for about should you check with me).
(Jaiden Konopelski)*

EMOTIONAL INTELLIGENCE IN ACTION, SECOND EDITION: 7 STEPS TO GREATER EMOTIONAL WISDOM AND LIFE SUCCESS (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book. For the past 30 years, research has shown that emotional intelligence can increase academic, personal, and professional success. Numerous models have been developed that describe the emotional competencies involved in emotional intelligence. Julie Shieh-Cook, an electrical engineer for 6 years, and then a college professor in the healthcare field for 20 years, wrote Emotional Intelligence In Action to share a technique she developed in the 1990 s to help herself navigate life successfully using her emotions as a guide. This book simplifies and integrates emotional skills into a systematic approach for solving situation-specific issues that cause emotional distress using 7 simple steps. Applying emotion, reason, and inner wisdom, these steps focus on a problem-solving technique that helps overcome barriers to success in all areas of life. They show how to identify and change outdated emotional habits that hinder life fulfillment. As ineffectual emotional habits are re-patterned, visions of one s highest and best self are integrated into the self-concept. Real-life examples show how to apply the 7 steps. Self-assessments, experiential activities, practice logs, and chapter reviews provided in the book encourage the understanding and application of the 7 steps in daily life. In this 2nd edition of her book, Julie has added a foreword from a high school/community college instructor who has successfully incorporated the book into her high school courses for seniors, introduced a survey to assess if and how this book may help the reader, provided further information on the importance of writing/expressing emotions, revised the implementation of worksheets and activities, and added examples of how the 7 steps can be quickly applied using a simplified method. This unique book shows not only how to use these steps for greater success and fulfillment in...

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