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Emotional Intelligence in a Nutshell: Personality Patterns for Personal Effectiveness

By Dan Matzke Dr, PhD, Dr Dan Matzke Phd

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 178 x 128 mm. Language: English . Brand New Book ***** Print on Demand *****.EMOTIONAL INTELLIGENCE In A Nutshell Personality Patterns For Personal Effectiveness What is emotional intelligence ? Emotional intelligence refers to an awareness of and ability to manage emotions and create motivation. It is a set of personal and interpersonal skills (including the ability to apply knowledge understanding) related to one s personality and behavior patterns, which results in a person being able to function more effectively in life. This book explores key elements of effective personality which promote emotional intelligence, personal effectiveness and well-being. The word personality refers to an individual s total make-up, including psychological and emotional characteristics, and behavior. The phrase effective personality refers to an individual who is highly functioning, who is well-adjusted, a person who is successful at living - thriving prosperous. They would tend to have a high level of self-esteem and self-confidence, a sense of purpose and direction in life, and would feel that they are being productive, useful, and contributing to the world around them. Characteristics of effective personality tend to minimize stinkin thinkin and to maximize effective thinking....



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