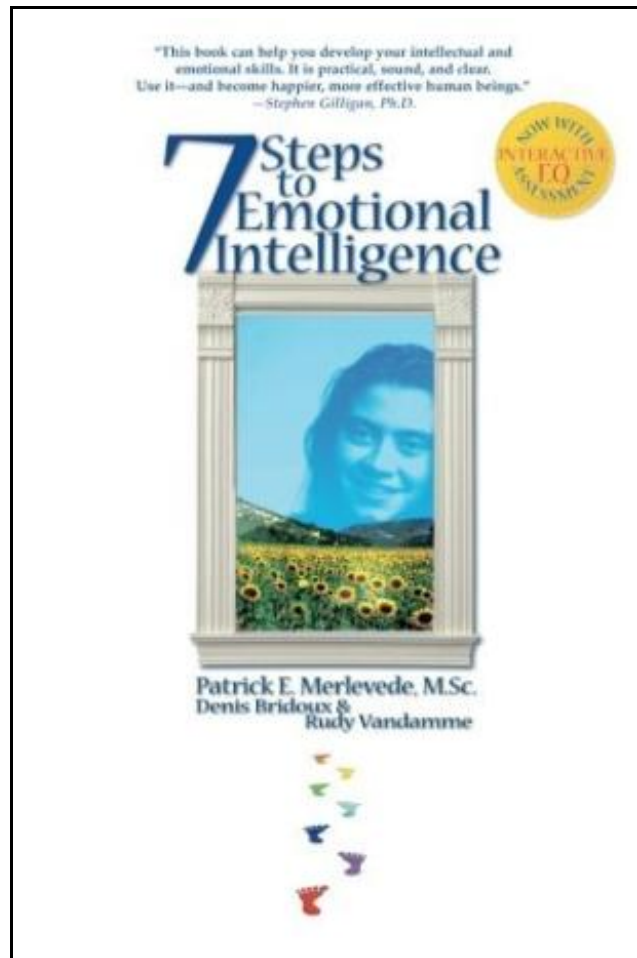


## 7 Steps to Emotional Intelligence



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*(Erna Langosh)*

## 7 STEPS TO EMOTIONAL INTELLIGENCE



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Crown House Publishing, United Kingdom, 2001. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Goleman taught us the importance of Emotional Intelligence. Since the publication of his EQ exposition , a whole array of Emotional Intelligence books has appeared, with each title purporting to put those theories of EQ into practice. This book goes deeper. Revealing the structure beneath Emotional Intelligence, 7 Steps utilises its unique framework to combine EQ and Neuro Linguistic Programming (NLP) - the study of excellence that examines how behaviour is neurologically formulated. 7 Steps confidently integrates the insights of EQ and NLP to promote a greater understanding of how emotions work - and how they can be worked upon. This book is driven by one important message: don t just think about it, do it. A model-based guide packed with powerful NLP exercises and self-assessment techniques, it allows you to generate your own tricks, and to partake in an intensive EQ excellence course that utilises the self-programming practices of NLP. A thoroughly structured, functionally formatted guide to improving your EQ, 7 Steps serves as a textbook of EQ theory, a manual of NLP techniques, and a workbook that systematically leads you through the process of dynamic EQ improvement. It answers the essential EQ questions: - what do my emotions mean? - how do I manage my emotions? - how can I deal with conflicts in an emotionally intelligent way? - what motivates people and how can I take that into account? - how can I handle situations in the best possible way? - how do I get what I want?.



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