



Enhancing Emotional Intelligence: Mindfulness-Based Strategies for Success Happiness

By Laura Delizonna, Dr Laura Delizonna, Ted Anstedt

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.What is the skill set underlying happiness, success, and overall well-being? Research shows that emotional intelligence-which is defined as being skillful in monitoring and managing one's own and others emotions, needs, and preferences-leads to benefits in a variety of life domains. Emotionally intelligent people tend to have satisfying relationships, manage stress well, and excel in work and goal achievement. Emotional intelligence predicts professional success more than IQ or experience. It is related to confidence, charisma, optimism, and resiliency. Fortunately, emotional intelligence can be learned. The aim of this workbook is to help individuals assess and build the skills of emotional intelligence. Readers will improve their ability to understand and manage emotions, change counterproductive thinking patterns, read others, build positive relationships, and resolve conflict more effectively. The workbook provides practical information and application exercises on how to build and apply these skills at work, at home, and in relationships. Activities include self-assessments, experiential exercises, mindfulness practices, meditation, and working with personal scenarios.



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