



**Emotional Intelligence: 10 Delightfully Simple
Ways to Master Emotions, Understand People, and
Win Friends with Emotional Intelligence (Social
Skills - ... - Communication - Leadership -
Psychology)**

Sally Bennett

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Imagine how it would feel to be in complete control of your life.

In this delightful book, Sally Bennet offers a remarkably thoughtful, friendly, and practical guide to increasing your emotional intelligence by gaining control of your emotions and learning to better understand people.

These are the skills that make you attractive to other people and help you gain their trust and confidence. Quite frankly, these are the skills that help you win friends, attract mates, get promotions, and gain control of your life.

In this book you will discover:

- How to become more self-aware
- How to develop empathy for others
- How to foster healthy communication with loved ones, friends, and co-workers
- How to assess situations and adapt your emotions to handle them
- How to stand up for yourself
- How to surrender and forgive
- How to operate honestly and authentically
- How to live with more energy and motivation
- How to manage internal and external criticism
- How to develop a persistently positive perspective

Today is the day to stop imagining and start doing. Download this book now!

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