



Emotional Intelligence: How to Master Your Emotions, Build Self-Confidence and Program Yourself for Success (Paperback)

By A C Drexel

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Use This Book Not Only To Understand And Control, But Also To Master Your Emotions! Emotions are how we react and interact with our moods, passions and our immediate environment. It is our internal response to a variety of stimuli that trigger mental responses in the form of strongly driven feelings and mood changes. Emotions differ from our intellect and reasoning faculties in the sense that they are not a product of our knowledge and conditioning but more a direct result of our instincts and gut feelings. Being emotionally intelligent is very important to make our expressions reach out to our audience. A song becomes popular when the listeners can experience the emotions of the singer and the songwriter. A book becomes successful when the author is successfully able to convey his emotions through words in his book. This book deals with the art of mastering our emotions and gaining self-confidence through a strong emotional intellect. Let us find out how we can gain mastery over our emotions and not let it run wild while also unraveling the means to tap into...



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