



Emotional Intelligence: Working with Emotional Intelligence to Improve Anger Management. Discover How Emotions Are Made and Controlled (Paperback)

By James Lee King

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is not only just a good buy, it s a steal. It s filled with useful information, expert advice for virtually anyone looking to increase their emotional intelligence and manage their anger. This book includes 2 manuscripts: Emotional Intelligence Discovering Your Inner Emotional Intelligence in Your Relationship and Career + Anger Management: A Guide to Overcoming Anger and Improving Your Emotional Intelligence Throughout this book, James discusses the emotional brain and you, and reveals the way they determine our failure or success in employment, relationships, and our overall well-being. Learn ways on recognizing other people s emotions and yours. Get a better understanding of the four skills of Emotional Intelligence. The most beneficial thing is that Emotional Intelligence can be learned at any stage. Every human being wants to become the best version of themselves. James Lee King shows you methods to control your anger without aggression and ways to improve your self-confidence, self-control and self-respect. Emotional Intelligence: Working With Emotional Intelligence to Improve Anger Management. Discover How Emotions Are Made and Controlled. You ll learn: -Exactly why Emotional Intelligence...



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