



A Joosr Guide to... Emotional Intelligence by Daniel Goleman: Why It Can Matter More Than IQ

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Is there something more important than IQ when it comes to a person's future success and happiness? Learn the important role that emotional intelligence has to play in the development of individuals and what you can do to facilitate a better future for yourself and others.

Emotional Intelligence explains the importance of EQ, and how it can affect a person with regard to academic, professional, and personal development. It also show you that emotional skills and traits are not fixed, but can be developed at any age with determination and practice. Understanding EQ and actively developing it can help you become more successful personally and professionally.

You will learn:

- How you can teach your children the important emotional skills they need to succeed in the future
- Why men and women handle emotions differently, and why that can make relationships a challenge
- Why we have emotions and how they can help us improve our relationships with the people around us.

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